

Naturally Good

Magazine

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Premier Issue

Cover Story:
**Psychotropic Drugs
and SSRIs: The Mind
Altering Drugs Given
To Control Children**

**Using Foster Care
Children For Forced
Drug Experiments**

**The Link Between
Body PH and Disease**

**There Is Something In
The Water**

**Naturally Good Food
With Andrea Corriher**

**Curing Allergies By
Eliminating Candida**

And More...

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You may notice some distinct differences between this magazine and others. Throughout our pages, we will provide you with the truth about caring for your health and about the health care industry.

Allopathic medicine has become the tool of choice in treating the diseases which are rampant throughout this country, and as a result; cancer, diabetes and heart disease are higher than ever before in history. Doctors spend their careers covering up symptoms with pharmaceutical drugs; often fighting the God-given system that eliminates disease better than any chemical concoction ever designed with so called “immunosuppressants”. This sad state of affairs leaves your doctor with a 17% chance of accidentally killing someone this year. They carry special malpractice insurance because they know, but cannot publicly admit, that their treatments routinely risk the lives of people who trust them. However, the brokenness of the system pales in comparison to the corruption of it.

As you watch your loved ones suffer ailments whose symptoms are treated but never cured; pharmaceutical companies, insurance agencies and even some politicians watch their profits grow. The pharmaceutical cartel may well have a drug for every symptom imaginable, and even more drugs to treat the symptoms of pharmaceutical side effects; but they have no cures for diseases. In fact, despite the sheer number of drug-based advertising on television in this era, we never really hear the word cure anymore. This is no mistake. With the billions of dollars that are donated to cancer research programs each year, it is easy to see that their science is no longer guided by healing, or finding miracle cures. It is about profit, and ensuring that the money continues to flow into the multi-billion dollar industry which thrives on the suffering of innocent victims. There will always be plenty of incentives to continue “researching” endlessly, but you can be certain that no cures will ever be published or sold by the establishment. Curing is bad for business.

This goes on despite the discovery of cheap, natural cures for most chronic diseases long ago. These cures are under constant criticism from all those who seek to protect the pharmaceutical industry, and those who profit from its sponsorship. For the sake of maintaining their business model, they must attack alternative medicine regularly, because their entrenched business empire is so threatened by it. The cartel is especially frightened by the fact that alternative medicine uses natural substances, which cannot be controlled by them, and there is also no way for them to obtain patents on, or make huge profits from purely natural substances. So, alternative medicine is freedom from disease, and it is freedom from them. If you really want to know the truth, then listen to those who have nothing to gain from lying to you.

As you read our magazine, you will discover that we provide you with something that you are not accustomed to: the truth. We hope that you can handle it.

You deserve to finally get the truth, and it is always naturally good.

— The NGM Staff

Contents

Psychotropic Drugs, SSRIs, and Controlling Children - p. 4

Drug Experiments On Unwilling Foster Care Children - p. 17

Body pH and Disease - p. 26

There Is Something In The Water - p. 38

Naturally and Holistically Curing Allergies and Candida - p.46

Essential First Aid Item: Activated Charcoal - p. 49

Naturally Good Cooking With Andrea Corriher - p. 52



Special Report

Cover Story: Psychotropic Drugs, SSRIs, and The Drugs Given To Control Children

By Thomas Corriher, Managing Editor



"The gunman was described as a loner, and he was being treated with anti-depressants..."

Part I

Psychotropic: (Adjective)

"si·ko'·trop·ic"

Being capable of affecting the mind, emotions, and behavior. Affecting mental activity, behavior, or perception as a mood-altering drug. Some legal psychotropic drugs, such as lithium, are used for depression. Many illicit drugs such as cocaine are also psychotropic.

SYN: psychogenic



"The gunman was described as a loner, and he was being treated with anti-depressants..."

How many times must the public hear this phrase before the pattern is noticed? How many more school shootings must there be before the realization is made about the consequences of using psychiatric drugs designed to alter brain chemistry? There is an increasing number of people, especially young people, being forced to consume powerful and dangerous psychiatric drugs by parents, the judicial courts, social services agencies, and school systems.

There has been a tendency to blame guns, society, and even video games, as confused populations grasp for massacre explanations. It is especially troubling to our collective psyche when killers are children. Some of the so-called monsters used knives, baseball bats, or motor vehicles as their weapons. Some of them drowned their own children, or murdered their families as they slept. Very few people have realized the one common thread joining virtually all modern massacres not involving governments: psychotropic drugs.

Kurt Danysh

Meet Kurt Danysh. In 1995, at the age of 18, Kurt fatally shot his own father without cause or explanation. His troubles had begun just 17 days prior when he was prescribed the drug Prozac by his doctor, who failed to perform



any psychological testing. Shortly after beginning Prozac, Kurt, a normally outgoing teenager, became withdrawn and moody. By the second week, he was restless and violent. He got into a fight with his best friend, and purposely crashed his truck into a stone wall. All of these behaviors were grossly uncharacteristic.

After only 17 days from his first dose of Prozac, Kurt shot and killed his father, whom he loved very much. The shooting was a complete shock and made no sense to anyone who knew Kurt and his father.

"...I was on Prozac. It's supposed to calm me down, and like level me out, but since I got on it, when something bothers me, it bothers me to [the] extreme. I just act differently. I don't have the energy or personality I used to. I spend half the time in a trance. I didn't realize I did it until after it was done, and then I realized it. This might sound weird, but it felt like I had no control of what I was doing, like I was left there just holding a gun..."

-- Kurt's Police Confession

In 2004, eight years into Kurt's 22.5-to-60 year sentence, the Food and Drug Administration (FDA) admitted that SSRI antidepressants like Prozac can cause suicidal and

violent behavior, particularly in adolescents and children. Additionally, it has been revealed that Eli Lilly & Co. concealed its own data from 1988, which linked Prozac to violence. The FDA has not sanctioned Eli Lilly & Co., and moreover, the FDA has actually encouraged scientific deception by allowing pharmaceuticals to hide negative findings as “trade secrets”. Pharmaceutical corporations like Eli Lilly are allowed to fund their own FDA approval studies, and then cherry-pick the results that are the most beneficial to their marketing.

The FDA finally did take some action involving the most dangerous category of psychotropic drugs, which are the SSRI (antidepressant) drugs. It now requires a Black Box Warning on all such pharmaceuticals. Black Box Warnings indicate that the agency officially discourages the use of the given product, and it indicates the strong potential for the drug to be banned. Despite this, SSRI medications are among the most prescribed in the U.S. and sales are perpetually breaking new records. So pervasive are they that they can be detected in many city water supplies from the urine of drug users. This category of drugs includes: Anafranil, Aventyl, Celexa, Cymbalta, Desyrel, Effexor, Elavil, Lexapro, Limbitrol, Ludiomil, Luvox, Marplan, Nardil, Norpramin, Pamelor, Parnate, Paxil, Pexeva, Prozac, Remeron, Sarafem, Serzone (withdrawn for U.S.), Sinequan, Surmontil, Symbyax, Tofranil, Tofranil-PM, Triavil, Vivactil, Wellbutrin, Zoloft, and Zyban.



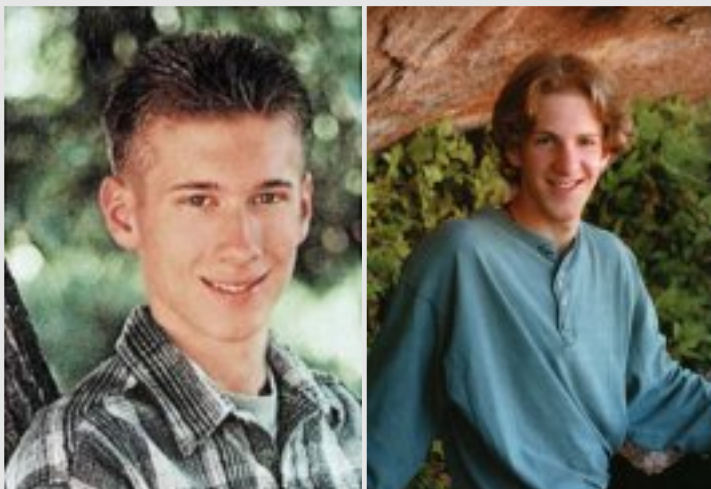
The FDA's Black Box Warning

Suicidality in Children and Adolescents

Antidepressants increase the risk of suicidal thinking and behavior (suicidality) in children and adolescents with major depressive disorder (MDD) and other psychiatric disorders. Anyone considering the use of [Drug Name] or any other antidepressant in a child or adolescent must balance this risk with the clinical need. Patients who are started on therapy should be observed closely for clinical worsening, suicidality, or unusual changes in behavior. Families and caregivers should be advised of the need for close observation and communication with the prescriber. [Drug Name] is not approved for use in pediatric patients except for patients with [Any approved pediatric claims here]. (See Warnings and Precautions: Pediatric Use)

Pooled analyses of short-term (4 to 16 weeks) placebo-controlled trials of nine antidepressant drugs (SSRIs and others) in children and adolescents with MDD, obsessive compulsive disorder (OCD), or other psychiatric disorders (a total of 24 trials involving over 4400 patients) have revealed a greater risk of adverse events representing suicidal thinking or behavior (suicidality) during the first few months of treatment in those receiving antidepressants. The average risk of such events on drug was 4%, twice the placebo risk of 2%. No suicides occurred in these trials.

The Columbine High School Massacre



These are the yearbook photos for Eric Harris (left) and Dylan Klebold. On April 20th, 1999, these two young men attacked teenage students and the staff of Columbine High School with firearms. The attack lasted only 45 minutes, and ended with them committing suicide. When it was over, 12 students and a teacher were killed, and 24 other students were injured during the massacre. Three more were injured indirectly as they attempted to escape the school. It was the worst school violence incident in history. The leader of the assault, Eric Harris, was using the SSRI psychotropic drug Luvox. Klebold's medical records were permanently sealed, so we can only ponder his psychiatric history.



Mark Taylor, the first student shot at Columbine, brought a lawsuit against Solvay, the international pharmaceutical company that produces Luvox. Taylor's 2001 lawsuit said Luvox had caused Harris to become manic, psychotic, homicidal, suicidal, and had brought about "emotional blunting", or a lack of inhibition. Taylor's lawsuit also faulted Solvay for failing to warn of the "risks and dangers" associated with the drug.

In early 1998, according to Taylor's lawsuit, Harris had taken Zoloft for two months, but soon became "obsessional". Harris became obsessed with homicidal and suicidal thoughts "within weeks" after he began taking Zoloft. Due to his obsession with killing, Harris was switched to Luvox, which was in his system at the time of the shootings, as reported by his autopsy. The change from Zoloft to Luvox was like switching from Pepsi to Coke, according to Dr. Ann Blake Tracy.

Taylor told American Free Press, two years after the Columbine shooting, as a 17-year old recovering victim, he had been taken alone, without counsel, into a room with lawyers representing Solvay and threatened with court costs and counter suits. The fear of financial ruin led Taylor and others to withdraw the lawsuit. Hence, Solvay pharmaceuticals was able to silence disclosure of important details about what happened at Columbine, and why; even though Solvay's product had very likely played a significant role in slaughtering 13 people.

Traci Johnson

Traci Johnson committed suicide while enrolled in clinical trials of Eli Lilly's drug Cymbalta. She hanged herself from a shower in the Eli Lilly facility where the tests were being conducted. Cymbalta is the new "wonder drug" designed by Eli Lilly to restore their flagging sales since Prozac's patent expired.

Traci was not depressed prior to taking the drug. She was a normal, happy girl, who enrolled in the clinical trial as a healthy volunteer to earn money to pay for her college tuition. Anyone with any signs of depression was barred from the trials. Traci's death, and the deaths of four other people at the trial were completely absent from the official records. The FDA backed this decision by Eli Lilly saying that the deaths were a confidential part of the trial. The FDA states that the deaths of people in drug trials are commercial trade secrets that the public has no right to know.



Business As Usual



Dr. Julian Whitaker, M.D., has noted that just as drugging children has become normal, often with multiple drugs at the same time, so has violence from children become more normal. Yet statistics concerning psychotropic drug induced violence can not be found anywhere. The responsible groups such as the FDA, AMA, APA, and the chemical companies do not have any interest, or inclination, in keeping such records.

"The explosive nature of these drugs is predictable. Studies show that they can cause a condition known as akathisia. Akathisia comes from the Greek word meaning 'cannot sit still', and refers to significant physical and mental agitation. Akathisia is to violence what a match is to gasoline. This condition has been reported in 1 out of 16 Prozac users, but its incidence is likely under-

reported because Prozac also produces mania, hypomania, anxiety, and restlessness, which are the first cousins of akathisia."

"The defenders of Prozac say that millions are being helped by it, but this claim is spurious. In the clinical trials submitted to the FDA for registration, Eli Lilly studied the drug in less than 300 people, and for only four or six weeks. However, one out of every seven participants dropped out of the study because of side effects of the drug. In fact, in a recent evaluation of the usage of Prozac and other SSRIs, it was found that nearly 70% of those who are prescribed these drugs do not take them as prescribed, probably due to their undesirable side effects.

Remarkably, there are no actual studies demonstrating that taking antidepressants effectively prevents suicide or violent behavior. In fact, according to Peter Breggin, M.D., author of *Your Drug May Be Your Problem*,

'There is substantial evidence that many classes of psychiatric drugs, including antidepressants such as SSRIs, can cause or exacerbate depression, suicide, paranoia, and violence. Did you know that one out of every 12 patients (and this figure, too, is likely under-reported) admitted to mental hospitals for psychosis is taking SSRIs?'

As Dr. Breggin points out in his book, *Talking Back to Prozac*, these drugs rob people of their humanity. They lose their capacity for empathy. 'A lot of what we are seeing is individuals losing their feeling for the people in their lives. They stop caring about their husbands or wives or children. They stop caring about God.'" This means that these drugs are stimulating a condition of sociopathology (the inability to empathize with the suffering of others or appreciate consequences) creating chemically induced sociopaths.

"While zombie-like emotional numbness may initially be felt to be an improvement by someone with extreme depression, it can hardly be considered healthy, or even desirable. It is this loss of empathy that allowed Kip Kinkel to kill both of his parents, and then spend the night in the same room before heading out to shoot his classmates in Oregon. It is precisely how Eric Harris could wander around shooting

his classmates in Columbine High School, even the kids he liked, while laughing about it.

Research has shown for the past thirty years that high levels of serotonin caused by psychotropic drugs initially produces euphoria, and later there may be psychosis, mania, aggression, organic brain disease (especially mental retardation at a greater rate in children), autism, Alzheimer's disease, anxiety, depression, mood disorders, anorexia, nightmares, abortions, migraines, hot flashes, irritability, sleeplessness, sleep apnea, chest pain, shortness of breath, decreased reaction times, and compulsions for alcohol and other drugs."

Industry Fostered Addiction and "Discontinuation Syndrome"

Discontinuing psychotropic drugs is even more dangerous than taking them. The industry refuses to acknowledge that psychotropic drugs are addictive, and thereby prone to causing horrible withdrawal symptoms when they are discontinued; so it created an Orwellian double-speak to describe psychotropic drug withdrawals. They contend that there are no withdrawals from discontinuing these drugs, but instead there is merely a Discontinuation Syndrome. One has to wonder how long it took the corporate legal and marketing departments to give birth to this little nugget. It works for them wonderfully, since instead of being liable for both producing and selling addictive narcotics, they merely have users who suffer from "Discontinuation Syndrome" as a known side-effect of their "medicine". This is like when a drug dealer blames his victims for being hooked.

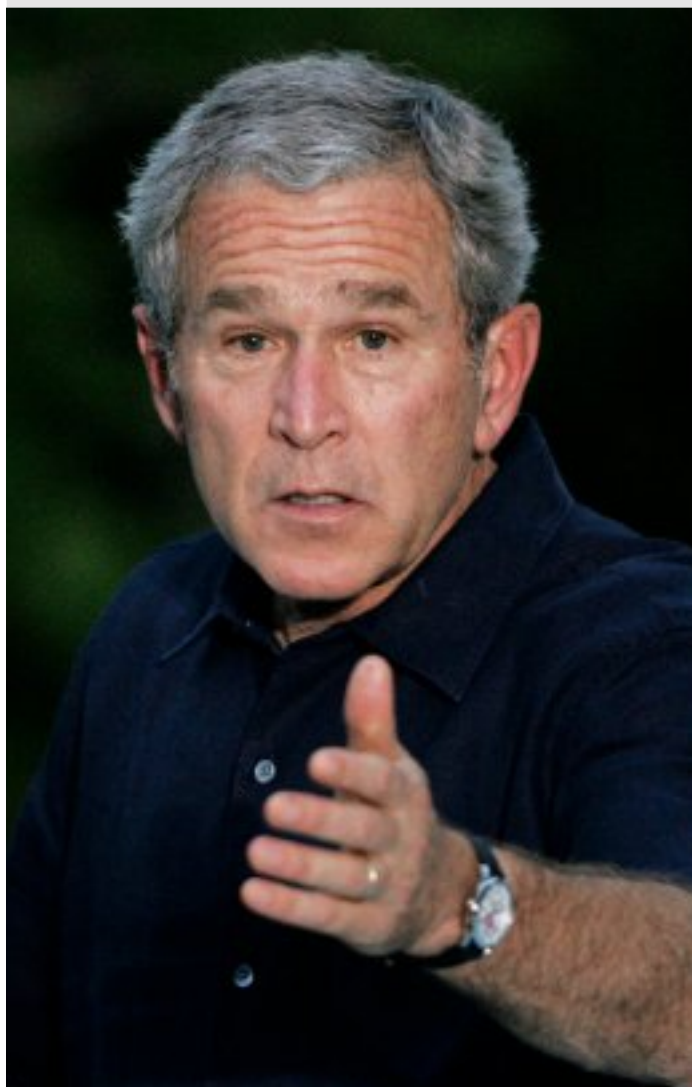
The symptoms of psychotropic drug withdrawal (or Discontinuation Syndrome) are the same as those from taking the drugs plus hallucinations, increased suicidal tendencies, dizziness, difficulty walking, extreme fatigue, tremors, depression, panic attacks, confusion, homicidal tendencies, pain, twitches, extreme muscle cramps, GI issues mimicking food poisoning, shocking and electrocution sensations, and psychosis.



"Not being able to stop all at once does not mean that you are addicted to your medicine."

- American Academy of Family Physicians

Bush's Mental Healthology of Freedom: *Like They Do It In Texas*



History has taught us that we should duck for cover whenever George W. Bush utters the word freedom, and pray for deliverance. On July 26th, 2004, he stated that his administration had begun implementing the recommendations of the New Freedom Commission on Mental Health to “improve mental health services and support for people of all ages with mental illness” through comprehensive screening. The plan states that schools are in a “key position” to screen the “52 million students and six million adults who work at the schools” and includes recommendations for screening preschool children (19 June, p 1458).

Freedom, in this context, means the freedom to perform psychiatric testing against the will of the test subjects (school children in particular) on behalf of the Government, medical establishment, and the pharmaceutical manufacturers.

The president's commission found that “despite their prevalence, mental disorders often go undiagnosed” and recommended comprehensive mental health screening for “consumers of all ages”, including preschool children. According to the commission, “Each year, young children are expelled from preschools and childcare facilities for severely disruptive behaviours and emotional disorders”.

The Texas Medication Algorithm Project, or TMAP, was held up by the New Freedom Commission as a “model” medication treatment plan that “illustrates an evidence-based practice that results in better consumer outcomes”. TMAP was started in 1995 as an alliance of individuals from the pharmaceutical industry, the University of Texas, and the mental health and corrections departments of Texas. TMAP was expectantly praised by the American Psychiatric Association, which called for increased funding to implement the overall plan.

The Texas project sparked controversy when a Pennsylvania government employee revealed state officials who influenced the plan had received money and perks from drug companies who stand to gain from it. Allen Jones, an employee of the Pennsylvania Office of the Inspector General says in his whistle-blower report about the “political - pharmaceutical alliance” that developed the Texas project, which promotes the use of newer, more expensive antidepressants and antipsychotic drugs, was behind the recommendations of the New Freedom Commission, which were “poised to consolidate the TMAP effort into a comprehensive national policy to treat mental illness with expensive, patented medications of questionable benefit, and deadly side effects, and to force private insurers to pick up more of the tab”.

As an investigator for the Pennsylvania Office of the Inspector General (OIG), Jones' findings in the case showed that the drug company Janssen had paid honorariums to key state officials who held significant influence over the prescriptions issued for state institutions such as prisons and mental health hospitals. Although the accounts receiving these payments were marked for “educational grants”, funds were being channeled to state employees who developed guidelines recommending newer, more expensive drugs rather than older, cheaper drugs with safe, proven effects. These companies were influencing officials with trips, perks, and lavish travel accommodations as a means of inducing the officials to endorse their products.

Mr Bush's announcement comes after new reports showing that increasing numbers of toddlers and children are

being prescribed amphetamines, antidepressants, and antipsychotic drugs. Concern that widespread screening will only increase the number of young people taking drugs has triggered criticism of the plan.

Dr. Daniel Fisher, one of the twenty-two commissioners responsible for writing the final report for the president, said that widespread screening, at a time when medical education was “geared to the biomedical model and teachers want to get kids fixed”, could result in greater number of children being given “a label, a diagnosis, and a medication”. “What troubles me a little bit,” said Dr Fisher, “is that mental health will continue to be used as a substitute for addressing the social, cultural, and economic needs of children”.

The History Of TMAP

The original Texas decision to adopt TMAP brought with it the mandate to use the recommended drugs on all patients in the state system. A doctor cannot choose a generic drug until at least two (often three) drugs on the list have failed. Even then the doctor must set down his or her rationale in writing, and assume liability for deviating from the TMAP list.

With the support of then-Gov. Bush and the Texas Legislature, the drug guidelines were adopted and all Texas prisons and mental hospitals were made available for TMAP pilot projects. The pharmaceutical industry reaped a bonanza once those doors swung open but it wanted more. It wanted access to all the kids involved with state agencies.

So in 1997–98, with pharmaceutical industry funding, TMAP began working on the Texas Children’s Medication Algorithm Project. (TCMAP). A panel was assembled to determine which drugs would be best for the treatment of children and adolescents. The panel soon decided a survey was unnecessary and said the same drugs being used on adults could be used on children. There were no studies or clinical trials whatsoever to support this consensus. Also, these drugs were FDA approved for adult use only.

How could the drug companies pull this off? Because the members of the panel were on the take. For instance, one member of the panel was Graham Emslie, MD, professor and chairman of the Division of Child and Adolescent Psychiatry, University of Texas Medical Center. The Integrity in Science Project tracks drug company money to researchers and lists Emslie as: “Consultant to GlaxoSmithKline, Forest, and Pfizer. Receives research support from Eli Lilly, Organon, Repligen, and Wyeth-Ayerst. Member of the speaker’s bureau for McNeil. (‘Experience in the use of SSRIs and other antidepressants in

children and teens’)

The program that Bush pushed through in Texas that allows kids under the state’s care to be drugged is still causing headaches for lawmakers today. According to an article by the Associated Press on February 9, “As lawmakers work to revamp Texas’ foster care system, they also are reviewing the use of mind-altering drugs by foster children”. (ie. The state’s guinea pigs - more about that later.)

Of the 46 members of TMAP’s three panels, 27 have conducted research on behalf of pharmaceutical companies, served on drug company speakers’ bureaus, or served as consultants to a drug company according to reporter Rob Waters in his 2005 article, “Medicating Aliah”. However, Big Pharma’s sticky grip on TMAP does not end there. In spite of Dr. Shon’s earlier claims that drug companies only gave \$285,000 in funding for TMAP, Austin-based investigative reporter Nanci Wilson reviewed the Texas Department of State Health Service’s financial records and discovered that pharmaceutical companies gave the DSHS \$1.3 million from 1997 to July 2004, of which at least \$834,000 was intended for TMAP.



The TeenScreen Program

The marketers for TeenScreen tests have falsely presented it as an accurate method of identifying suicidal inclinations in teenagers. TeenScreen promoters fail to openly disclose the percent of false positives for their initial screening test, which is known as the Columbia Suicide Screen (CSS). Every student tested has an 84% chance of being labeled as suffering from a depressive disorder with suicidal inclinations. These results prove, as the pharmaceuticals designed it to prove, that 84% of the students need to be on expensive psychotropic drugs. Only 16% of those who take the test will be considered free of mental illness. For the teens who are marked as suicidal, there is a phase II test which the school



system may pay an additional fee to have performed, in order to determine how accurate phase I really was. This second test yields that the phase I test was accurate in 94% of the cases. There have been no independent 3rd-party validations for either test, and a higher accuracy in diagnosis could be

obtained by flipping a coin.

TeenScreen's Entrepreneur



The TeenScreen program was created by Dr. David Shaffer. Few people know that Dr. Shaffer is not only the developer of the TeenScreen Program, but he also is a spokesman for pharmaceutical firm Eli Lilly & Company who manufactures Prozac (Sarafem). Furthermore, he is a paid consultant for pharmaceutical companies Hoffman la Roche, Wyeth, and GlaxoSmithKline. He is also credited with formulating the TMAP questionnaire, in collaboration with TMAP co-developers.

Business is thriving for Dr. David Shaffer and the industry he serves. His connections range from community school systems to the White House. He is considered by many to be a corporate prostitute for the pharmaceutical industry. Unfortunately, Dr. Shaffer is not the cause of corruption in the psychiatric establishment, or the problem could be easily fixed. He is just a symptom, and the proof is in his numerous awards by his peers and their congratulations.

Shaffer attempted to block negative British findings. In December of 2003, British drug regulators recommended against the use of antidepressants in the treatment of depressed children under 18 because some of the drugs had been linked to suicidal thoughts and self-harm.

"Dr. David Shaffer, a professor of psychiatry and pediatrics at Columbia University who sent a letter on the issue at Pfizer's request to the British drug agency, said he had concluded that there was insufficient data to restrict the use of the drugs in adolescents. 'The bottom line is that suicidal ideation and suicide attempts are very common in depressed kids.'"

- New York Times, December 11, 2003

There is no doubt that Dr. Shaffer knows all about the bottom line that he refers to. As demonstrated in the quote above, the sales pitch for the proponents of TeenScreen is that "suicide is the 3rd leading cause of death amongst children". This is the tactic that they use to gain sympathy

from parents, school administrators, the media, and to induce a profitable suicide hysteria. However, child suicides are actually quite rare. For instance, the number of teen suicides is about 50 every year in the state of Florida. Coincidentally, this is exactly the same number of people who are struck by lightning each year in Florida. So, there is hardly an epidemic.

"I was very sick, shaking, vertigo, dizzy spells, and vomiting, nausea. Every few minutes I would be vomiting or have diarrhea... If it was not addictive, why would I have spent three months in severe pain?"

- Ruth Lorraine (trying to quit Paxil)



The Treatment Plan

The treatment for those labeled as mentally ill by Dr. Shaffer's tests are psychotropic drugs consisting of antidepressants, and mood-altering drugs such as Ritalin, Xanax, Celexa, Paxil, Zoloft, Prozac, Thorazine, Luvox and other similar drugs which are known by the FDA (and the pharmaceutical companies) to cause depression, violence, suicide, and homicide. In a recent survey of child psychiatrists, it was discovered that 9 out of 10 children in their care were on at least one of these or similar drugs.

Despite the recent FDA Black Box warnings, it is not unusual for children to be put on two or more psychotropic drugs simultaneously. Psychiatrists are fond of stating mental conditions are caused by "chemical imbalances" in the brain. However, there are no blood tests, no chemical tests, or any valid biological process that is used to determine what this supposed imbalance is, and no person who is currently taking psychiatric drugs has ever been proven to have any type of imbalance. Yet this is the reason drugs are promoted, and it is the basis for which drugs are prescribed by psychiatrists and doctors around the world to the tune of billions of dollars in profits for the pharmaceutical companies.

TeenScreen's Sneaky Marketing and Manipulating Children To Ignore Parental Wishes

In some areas, TeenScreen currently uses what they call "passive consent" or "opt-out consent", which requires no written parental approval to screen a child. Instead, a passive consent form is given to children for parental consideration, and whenever they are not returned with signatures from the parents, then TeenScreen considers that the parents have approved. But what if a parent never sees the form? What if the child never delivers it? Leslie McGuire, TeenScreen's Co-Director says, "Unless we hear from you that we can't screen your child, we assume we have your permission, and we're gonna' screen them". TeenScreen officials discovered that passive consent boosted the number of teens to be tested from 50% to over 95%.

Withholding report cards and using free movie passes, food and videos to coax teens to participate, TeenScreen offers children "incentives". There are "I completed TeenScreen" stress balls, Blockbuster rental coupons and pizza parties, if the children consent to the procedure, or bring

back an approved consent form. In a way, TeenScreen effectively blackmails the students and utilizes pressure from both the staff and peers, because no child wants to be recognized as the one person costing his entire class their pizza party. In a somewhat less than subtle manner, this actively encourages students to bypass parental involvement altogether in lieu of TeenScreen's passive consent. This behavior is shamelessly conducted with the cooperation of school officials in many of the school systems in the United States.



"It's sort of astonishing", said Laurie Flynn, executive director of TeenScreen, which stopped disclosing the names of schools using the survey because the districts were peppered with complaints denouncing it.

One tactic TeenScreen officials use is to sell the child on the suicide survey first, and after they have the child's agreement, they later contact parents. Leslie McGuire, co-director of TeenScreen, told listeners at the 2005 NAMI Convention held in Texas that while only around 54% of

parents would consent to a mental health screening for their child, when you asked the children themselves, nearly 98% of the children agreed with the idea of being screened. The key, therefore, was to sell it to the children and let them sell the parents. She said, "Getting the kids to buy in is such an essential thing because for the most part, you're distributing the consent forms to the kids to bring home to their parents and bring them back. So you have to get their buy in..."

TeenScreen refuses to divulge information to parents about the criteria it uses in testing children, or the questions that its tests present. This behavior is in blatant disregard of U.S. federal law. So, if you find yourself fighting TeenScreen, then you may wish to hire an attorney, and tell him to reference Title 20, Chapter 31, of the United States Code.

The Pressure To Label

Not surprisingly, schools and daycare centers are the leading catalysts for diagnosis. In nearly 60 percent of cases, teachers are the first to offer the ADHD diagnosis, and there is a tendency to over identify children at risk. In one study of teacher perceptions, 72% of teachers identified over 5% of their students as having ADHD, and fully one-third identified between 16% and 30%. The rates of identification increased in proportion with class sizes. In other words, the more overworked a teacher is, the more likely he is to demand chemical straight jackets.

Placing teachers in the role of diagnosticians creates a difficult dynamic, in which parents often feel pressured to pursue formal diagnoses and drug therapies. Many parents have experienced veiled threats from teachers and other school officials, who say the parents' refusal to give their children stimulants impairs the children's education, and undermines the classroom environment. Although legal protections have prevented the most egregious forms of coercion, teachers still hold considerable authority, and function as the gatekeepers of success through their ability to assign work, provide grades, and recommend retention.

"The number of American children and adolescents treated for bipolar disorder increased 40-fold from 1994 to 2003... Drug makers and company-sponsored psychiatrists have been encouraging doctors to look for the disorder."

- New York Times, September 4th, 2007

The Psycho-Pharmaceutical Educational Complex

Not too long ago, a child who was irritable, moody, and distractible, and who at times sounded grandiose, or who acted without regard for consequences was considered a “handful”. In the U.S., by the 1980s, that child was labeled with a “behavioral disorder”, and today that child is being diagnosed as “bipolar” and “psychotic”, and is prescribed expensive antipsychotic drugs. Bloomberg News, also on September 4th, 2007, reported, “The expanded use of bipolar as a pediatric diagnosis has made children the fastest growing part of the \$11.5 billion U.S. market for antipsychotic drugs”.

Psychopathologizing young people is not the only reason for the dramatic rise in sales of such antipsychotics as Eli Lilly's Zyprexa and Johnson & Johnson's Risperdal (each, in recent years, grossing annually from \$3 to \$4 billion). Much of Big Pharma's antipsychotic boon is attributable to generous U.S. government agencies, especially Medicaid. The Medicaid gravy train has been fueled by Big Pharma corruption so over-the-top that it has been the subject of recent media exposures.

The Associated Press, on August 21, 2007, reported, “A groundbreaking Minnesota law is shining a rare light into the big money that drug companies spend on members of state advisory panels who help select which drugs are used in Medicaid programs for the poor and disabled”. Those advisory panels (dominated by physicians) have great influence over the \$28 billion spent by Medicaid on drugs, but only Minnesota, Vermont, and Maine require drug companies to report monies paid to physicians. The AP article focused on John E. Simon, a psychiatrist on the Minnesota advisory panel since 2004, who received \$489,000 from Eli Lilly between 1998 and 2006. The top drugs paid for by Minnesota Medicaid, according to the AP article, have been antipsychotic drugs, especially Eli Lilly's Zyprexa.

With the advent of Eli Lilly's serotonin enhancer Prozac at the end of 1987, the general public and doctors began receiving a multi-billion dollar marketing blitz proclaiming that depression is caused by a deficiency of serotonin, and that this deficiency could be corrected by Prozac (and, later, other serotonin enhancer antidepressants such as Zoloft, Paxil, Celexa, Lexapro, and Luvox). Between 1987 and 1997, the percentage of Americans in outpatient treatment for depression more than tripled. Of those in treatment, the percentage prescribed medication almost doubled. In 1985, the total annual sales for all antidepressants in the U.S. was

approximately \$240 million, while today it is approximately \$12 billion. In 2006, the American Journal of Psychiatry reported that the percentage of American adults with major depression in 1991 was 3.33 percent, but by 2001, the percentage had more than doubled to 7.06 percent.

The serotonin deficiency theory of depression was so successfully marketed that it was news to many Americans when Newsweek's February 26, 2007 cover story, “Men and Depression” mentioned that scientists now reject the theory that depression is caused by low levels of neurotransmitters such as serotonin. Thomas Insel, director of the National Institute of Mental Health, told Newsweek that “a depressed brain is not necessarily under producing something”.

The demise of the serotonin deficiency theory of depression should not be considered news in 2007, because in 1998, The American Medical Association Essential Guide to Depression was already stating, “The link between low levels of serotonin and depressive illness is unclear, as some depressed people have too much serotonin”. That same year Elliot Valenstein, professor emeritus of psychology and neuroscience at the University of Michigan, in his book Blaming The Brain pointed out, “Furthermore, there is no convincing evidence that depressed people have a serotonin or norepinephrine deficiency”.



Now in police evidence — this distress sign was hung in a window at Columbine High School during the massacre. The teacher, Dave Sanders, did indeed bleed to death after 4 hours of non-intervention.

In 2000, an article in USA Today, "FDA Advisers Tied to Industry", reported that in 55 percent of the FDA advisory meetings on drug approvals, half or more of the FDA advisers had financial connections to the interested drug company; and in 92 percent of these advisory meetings, at least one FDA adviser had a financial conflict of interest. Joseph Glenmullen, in *Prozac Backlash* (2000), notes that Paul Leber, director of the FDA's division of neuropharmacological drug products, left the FDA in the late 1990s to direct a consulting firm that specializes in advising pharmaceutical companies attempting to gain FDA approval for new psychiatric drugs.

The revolving door of employment is also used by Big Pharma to maintain influence over the National Institute of Mental Health. In *Talking Back to Prozac* (1994), Peter and Ginger Breggin report that in 1993, Steven Paul, scientific director of NIMH, resigned to become vice president of Eli Lilly (maker of Prozac and Zyprexa). In 2001, Roche Pharmaceutical (manufacturer of Valium, Klonopin, and other psychiatric drugs) proudly announced that Lewis Judd, a former NIMH director, had joined its scientific advisory board.

To the delight of Big Pharma, NIMH uses taxpayer money to fund researchers who are financially connected to pharmaceutical companies. One important example is the Sequential Treatment Alternatives to Relieve Depression (STAR*D) project, a \$35 million U.S. taxpayer-funded study that proclaimed the effectiveness of antidepressant treatment. The results of STAR*D were widely reported by the corporate media. Unfortunately, the NIMH press release about STAR*D excluded the fact that STAR*D researchers received consulting and speaker fees from the pharmaceutical companies that manufacture the antidepressants studied in STAR*D, and this fact went unreported by the corporate media. Also not in the press release and unreported is the fact that STAR*D researchers failed to include a placebo control and failed to incorporate relapse rates in the overall results. So in reality, STAR*D antidepressant results were no better than the customary placebo results or the results of no treatment at all: this also was unreported.

The corruption by Big Pharma of the FDA and NIMH is not difficult when their oversight, the U.S. Congress, has also been corrupted by Big Pharma. Billy Tauzin, a former Republican congressperson from Louisiana, is one example. Tauzin, as chairman of the House Energy and Commerce Committee helped shepherd passage of the Medicare prescription drug law: which was a bonanza for Big Pharma. Soon after this favor to Big Pharma, Tauzin became the head of Pharmaceutical Research and Manufacturers of America

(PhRMA), Big Pharma's trade organization. Tauzin's annual salary as head of PhRMA (as reported on April 1, 2007 by 60 Minutes) is \$2 million.



Unwilling Guinea Pigs: Using Foster Care Children For Drug Experiments

Part II



In the summer of 2004, Liam Scheff, an independent investigative journalist published the story of Incarnation Children's Center in New York, where experimental and highly toxic AIDS drugs were forcibly administered to foster children of the State. Originally published in the article, *The House That AIDS Built*, the story was subsequently carried by *The New York Press* with the title: *Orphans on Trial*. Children refusing experimental medications were surgically implanted tubes to allow direct injections of drugs into their stomachs against their will.

In November of the same year, the BBC broadcast *Guinea Pig Kids*, a video of the story. After airing the documentary just once, the BBC abruptly changed its position and distanced itself from the controversial story, due to threats which came from the United States.

"The FDA encourages studies in pediatric patients. Clinical trials involving children and orphans are therefore legal and not unusual."

— GlaxoSmithKline, e-mail to Democracy Now!



In order to gain access to hundreds of HIV-infected foster children, federally funded researchers promised in writing to provide independent advocates to safeguard the kids' well-being as they tested potent AIDS drugs. The Associated Press discovered that this special protection never materialized in most cases. It is also worth noting that HIV tests are well known for inaccuracy, and false positive tests can be triggered by routine conditions such as flu infections.

The research funded by the National Institutes of Health spanned the country. It was most widespread in the 1990's as foster-care agencies sought experimental treatments for their HIV-infected children which were not yet available in the marketplace. The research was conducted in at least seven states: Illinois, Louisiana, Maryland, New York, North Carolina, Colorado and Texas. They involved more than four dozen different studies. The foster children ranged from infants to late teens, according to interviews and government records. Several studies enlisting foster children reported that patients suffered side effects such as rashes, vomiting and dramatic drops in their infection-fighting blood cells. One study reported a "disturbing" higher death rate among children who took higher doses of the drugs.

Supposedly, the federal government provided special

protections for child wards in 1983. They required researchers and their oversight boards to appoint independent advocates for any foster child enrolled in a narrow class of studies involving greater-than-minimal risk and which lacked the promise of direct benefit.

Agencies in Illinois and New York attempted to displace their responsibility by requiring that pharmaceutical researchers sign a document agreeing to provide this protection on their behalf — bypassing the spirit and true meaning of the law, in order to allow the foxes to continue guarding the hen houses. One must wonder just how profitable these partnerships were for the bureaucrats to disregard a law written specifically to address their past behavior.

Researchers and foster agencies told The Associated Press that the conductors of AIDS drug trials commonly ignored the requirement to institute impartial child advocates, even though research institutions promised many times in writing to do so.

Illinois officials believe that none of their nearly 200 foster children in AIDS studies received independent monitors. New York City could find records showing 142 (less than a third of the 465 foster children in AIDS drug trials) got such monitors, even though city policy required them.

Remembering 2004: The Foster Care Horrors of New York City

The wicked malfeasance that was discovered in New York City under the leadership of Mayor Giuliani and the financial influence of Merck, Bristol-Myers Squibb, MicroGeneSys, Biocine, Glaxo Wellcome, and Pfizer has practically disappeared from the sparse media coverage that it once had. It has been easy for the media organizations to sweep the problem under the rug and move on: especially since its pharmaceutical sponsors can be so encouraging.

The difficulty in finding information now about the New York City foster care drug experiments that were first reported in 2004 reveals that there has been a full-blown cover-up operation. Alas, the last large media corporation still gutsy enough to carry the archived story is Hustler Magazine, and Hustler still has it viewable on-line. The Naturally Good Magazine staff finds it both a telling and a troubling sign of the times that Hustler Magazine is one of the last bastions of journalist integrity and courage remaining in the United States.

Hustler Magazine reported: "Children, too sick to move or speak, lie sprawled around a playroom. Some sit in wheelchairs amid younger kids tottering aimlessly, their coordination hindered by severe brain damage. Others are deformed, their limbs twisted. Many of the little ones have tubes surgically implanted to pump milky-white fluid through holes in their stomachs. These wards of a New York City orphanage are human guinea pigs. HIV-positive and some only a few months old, they have been enrolled in toxic experiments without the consent of guardians or relatives. Many of these children were taken forcibly from their homes by decree of a seemingly benevolent municipal agency, the Administration for Children's Services (ACS).

Most of these drug trials were co-sponsored by giant pharmaceutical companies and the National Institute of Health (NIH). In conjunction with the ACS, hospital administrators,

doctors and their subordinates helped to carry out the experiments, which apparently led to severe injury, deformation, brain damage and even death for some of the subjects.

In New York City more than 23,000 children are either in foster care or independent homes supervised by religious organizations on behalf of the local authorities. Most of these kids are black or Hispanic. Some are born addicted to crack; others are HIV-positive. For more than a decade, the ACS admits, 465 children have been forced to receive dubious experimental cocktails provided by such pharmaceutical firms as Merck, Bristol-Myers Squibb, MicroGeneSys, Biocine, Glaxo Wellcome and Pfizer.



There have been allegations that these clinical trials have killed children. What is certain is that most of the experiments were cruel and unnecessary.

'They tested these very highly experimental drugs, Phase 1 and Phase 2,' says Vera Sharav of the Alliance for Human Research Protection. 'Why didn't they provide the children with the current best treatment? That's the question I have. Why did they expose them to risk and pain when they were helpless? Would they have done those experiments with their own children? I doubt it.'

In studies conducted under the auspices of the foster-care system, children were administered multiple concoctions simultaneously, at up to eight times the usual doses. No one seemed terribly concerned what effects AZT, Nevirapine and

vaccines for herpes and chicken pox would have on the kids.

'We're talking about serious, serious side effects,' says Dr. David Rasnick, a visiting scholar at the University of California at Berkeley, who specializes in AIDS research. 'These children are going to be absolutely miserable... they're going to have cramps and diarrhea, and their joints are going to swell up. They're going to roll around the ground, and you can't touch them.'

Rasnick describes some of the drugs administered in the experiments as 'lethal'. For example, Nevirapine can cause severe liver toxicity. Another potential side effect is Steven Johnsons Syndrome, which is characterized by painful flaking of the skin.

Government documentation (available at ClinicalTrials.gov) lists some of the experiments carried out on children. One involved a herpes treatment; another gave subjects double doses of a measles vaccine. One trial involved administering cocktails of drugs with side effects that included severe abdominal pain, muscle wastage and organ failure. How could this happen in America?

Since the 1980s, activists have been pressuring the government to rush new AIDS drugs onto the market. Since then, Liam Scheff maintains, the relationship between the NIH, FDA and drug companies has grown incestuous.

Scheff, the investigative reporter who originally broke this story and brought it to the BBC, claims that drug companies were motivated to co-sponsor orphan drug studies with the NIH 'to keep old, failed drugs like AZT on the market'."

'When a profitable drug fails in one population,' Scheff explains, 'its manufacturer will try to find a use for it in another. With AIDS drugs, they've dumped drugs that harmed and even killed adult males into pregnant women and their children. A drug company only has to alter a drug slightly, or simply change its name to be able to claim a new use. They run it through new clinical trials co-sponsored by the NIH, a taxpayer-funded government agency. As such, the NIH publishes lots of data and claims it's fighting the war on AIDS, which justifies its growing budget. Conversely, drug companies get to run their old, failed drugs through new trials subsidized by taxpayers. It's a win-win situation. The only losers are orphans. The NIH will partner with a hospital and a government-sponsored foster-care system. Suddenly, they have an endless supply of subjects on which to test-sick youngsters with no guardians.'

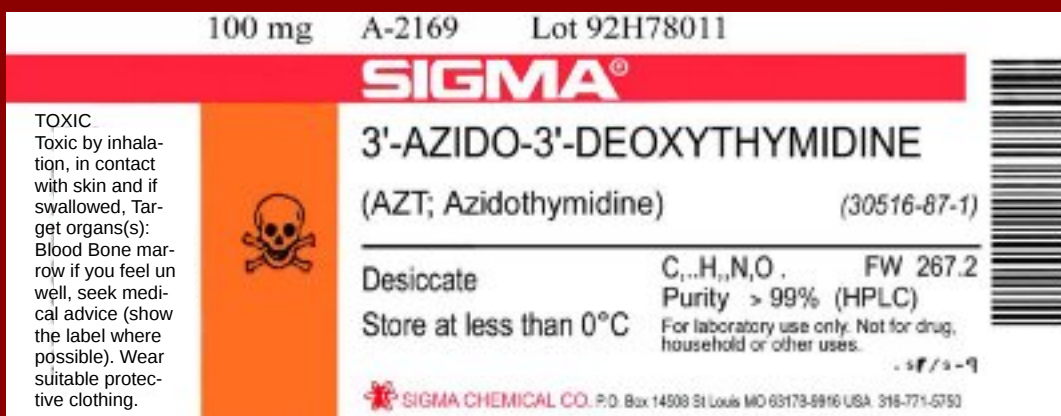
'You would not expect too many parents to volunteer their children for such experiments,' says the Alliance for Human Research Protection's Vera Sharav. 'This means that if the researchers want to do the experiments on children, they are

going to look for vulnerable children whom they can get. And when you have a city government agency accommodating them, that is the biggest betrayal of those children. They don't have anyone but the city agency that is their guardian on paper. And how can anyone believe that drugs proven devastatingly toxic in adults might benefit infants or children?'

"The drugs being given to the children are toxic — they're known to cause genetic mutation, organ failure, bone marrow death, bodily deformations, brain damage and fatal skin disorders. If the children refuse the drugs, they're held down and have them force fed. If the children continue to resist, they're taken to Columbia Presbyterian Hospital where a surgeon puts a plastic tube through their abdominal wall into their stomachs. From then on, the drugs are injected directly into their intestines. In 2003, two children, ages 6 and 12, had debilitating strokes due to drug toxicities. The 6-year-old went blind. They both died shortly after. Another 14-year old died recently. An 8-year-old boy had two plastic surgeries to remove large, fatty, drug-induced lumps from his neck. This isn't science fiction. This is AIDS research."

- Liam Scheff, Investigative Reporter





This is the standard label for the drug AZT. Notice the skull and bones on the label — the warning for deadly poisons. This bottle contains only 100 mg. pills, but humans are prescribed between 300 to 1500 mg. per day. These labels are typically removed before the prescriptions are given to patients, in order to prevent the unintended side effects of informed patients.

“When asked by a reporter or a city council person, the doctors will say they’re offering the most advanced treatment to these kids,” Scheff says. “That’s not true. If you review the specific drugs used in the studies, it becomes obvious that that’s totally contradictory. The NIH and the FDA are the drug companies. It’s unclear anymore where one stops and another begins. The NIH is an organization that works as a liaison between the drug companies and the public they too often pretend to serve. The job of the NIH is to keep drug companies in business, and less and less to serve the public.”

Since the late 1990s, children have been used in experiments. If a child refused to take a given medication, he or she was force-fed through a tube surgically inserted into the stomach. Both Incarnation Children's Center and its public-relations firm refused to comment about activities within the facility.

Acklyn Hoerger was a pediatric nurse at Incarnation for more than five years. She says doctors there insistent that any of the children's pain or suffering had nothing to do with the experimental drugs. “At the time, it did not occur to me that anything was wrong,” Hoerger recalls. “If they were vomiting, if they lost their ability to walk, if they were having diarrhea, if they were dying, then all of this was because of their HIV infection.”

Hoerger changed her mind after she and her husband had adopted two little girls from the home. Despite receiving the utmost care and attention, their conditions continued to deteriorate. “I gave them good-quality food,” Hoerger says,

“and the best private schooling they could get, occupational therapy, physical therapy, speech therapy and tutoring, the best psychologist that I could find on all levels, and I just didn’t seem to be making any headway. The only thing that was left was the medication that I was giving them.”

“These children are going to be absolutely miserable... they’re going to have cramps and diarrhea, and their joints are going to swell up. They’re going to roll around the ground, and you can’t touch them.”

— Dr. David Rasnick

Hoerger took the children off the drug regime and, almost immediately, their health and happiness visibly improved. For the first time they were able to go swimming and cycling. Both the kids' social worker and mental health visitor were delighted. But when the ACS (New York City's Administration for Children's Services) discovered that their mother had stopped administering the girls' the drugs, there was a knock on the door.

**Proving Them Wrong
Meant Swift Payback**



"It was a Saturday morning," Hoerger recalled, "and they had come a few times unannounced. So when I saw them at the door, I invited them in, and they said that this wasn't a happy visit. And at that point they told me that they were taking the children away. I was in shock. I couldn't believe it." For refusing to administer drugs, Jacklyn Hoerger lost the children and was convicted of child abuse. Many years later, she still has no idea what happened to the girls she grew to love.

According to records, more than 50 children in 13 experiments from Incarnation Children's Center were offered up for experiments. An unknown number of others came from foster homes and other children's facilities under the supervision of the ACS, which was granted far-reaching powers in the 1990's by Mayor Rudolph Giuliani. After a particularly horrific child abuse case, literally thousands of children were rounded up and placed into foster care.

"They're essentially out of control," expressed David Lansner, a family lawyer in New York. "I've had many ACS case workers tell me, 'We're ACS. We can do whatever we

want.' And they usually get away with it."

Inexplicably in 2002, the trials at Incarnation Children's Center suddenly stopped, but documentation shows that similar experiments continue at up to six other locations in New York City's metropolitan area.

The Most Shocking Revelation: The Truth About AIDS Drugs

The remainder of this article is a report copied verbatim from Nobel Prize winner, Doctor J. Michael Bestler, M.D., about the horrors and hysteria unleashed upon the population by the medical establishment in the name of AIDS.

"People like to find a cause for events, preferably a singular cause. And preferably with a little bit of the strange and exotic. HIV fits this perfectly.

I just began to doubt the HIV hypothesis about 15 years ago in the infancy of the AIDS hysteria, and then I encountered the work of Peter Duesberg, professor of molecular and cellular biology at the University of California at Berkeley. My doubts coalesced into a conviction, AIDS is not the result of HIV infection.

So here goes, and no one is going to like this but when Duesberg and I share the Nobel Prize in Medicine, remember I told you so.

AIDS results from unhealthy circumstances over a prolonged period of time, poor hygiene, poor physical habits, poor diet, chronic use of drugs, or a weird life style combining all of these factors as is found in the active homosexual life. We have known for many years the active homosexual has a shortened life span. Blood samples taken from these men while living or at autopsy reveal large volumes of HIV, but HIV did not cause AIDS, which is the name we have given to this pattern of disease and death.

But in the 1980's and 1990's, when investigators found the HIV, they proudly proclaimed the discovery of the cause of AIDS. It was HIV. Eureka! They were terribly wrong. The cause of AIDS was and is physical debilitation brought on by chosen life style or more commonly, as in Africa, brought on by malnutrition and neglect. HIV is a spectator virus, an opportunistic virus taking advantage of an already weakened immune system. It lives in many of us who are doing just fine.

But health investigators under the spur of public concern falsely identified HIV as a killer virus and they began the chemical assault on this innocent bug. Most of the drugs used in their initial assaults were murderous drugs we used in the early 60's to treat some cancers. We had stopped using

them because they were killing more patients than the cancers were, but we reactivated these killer drugs to attack HIV, and the death rate from AIDS shot skywards, but it wasn't the virus that was killing, but rather these enormously lethal drugs we were pouring into these already severely weakened patients. Now in desperation, health officials employed even more lethal drugs, and the death rate climbed again. Panic. It's an epidemic! Do we remember those hysterical claims that soon almost all of us would be struck by AIDS. However, it was an epidemic caused not by HIV, but by deadly poisons posing as medicines.

With a little more time researchers developed drugs not quite so toxic, and the death rate from AIDS leveled off, and began to even drop. These facts are ignored, or hotly denied because an entire industry and medical specialty has grown-up directed to the treatment of AIDS, supposedly caused by HIV. HIV was just a poor benign virus just trying to make a living when suddenly all hell broke loose. Crazy-eyed medical investigators and the happily collaborating drug companies are making a handsome living in pursuit and annihilation of HIV. But HIV is tough and it will be around long after this huge industry has gone the way of the Stanley Steamer."



Bogus advertisements such as the one above were placed in commuter locations by Colleges Ontario to provide commentary about the lack of wisdom in this generation of parents.

Prolog

This article is a great example of progress made from standing on the shoulders of giants. Instead of rewriting their work, this article is primarily a condensed volume of dozens of other articles from the past. There are dozens of people who have worked for years to expose the current state of affairs about how criminal behavior is being conducted in stealth by the pharmaceutical players right below our noses, and with the direct assistance of those who we entrust to make certain that such events do not occur. The behavior of the medical community has literally entailed bloody murder, and it has been that way for a very long time. With this article, we attempted to stand shoulder-to-shoulder in the trenches with those heroes who have worked tirelessly to publish this information many times before, often at great personal costs, such as the retributive termination of careers. We cannot possibly thank them all here, but we would like to.

In particular, we give special thanks to the following reporters and agencies:

Brock L. Eide and Fernette F. Eide - The New Atlantis
 Dr. J. Michael Bestler
 indybay.org
 Liam Scheff
 Vera Hassner Sharav
 Bruce E. Levine
 John W. Whitehead
 Dr. Julian Whitaker
 Ann Blake Tracy - International Coalition for Drug Awareness
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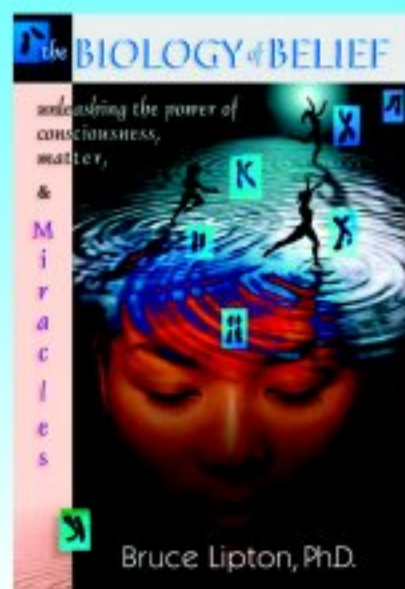
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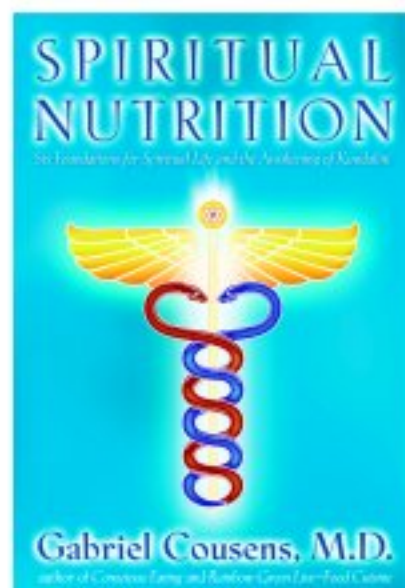


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The Relationship between Body PH and Disease

(and other facts you're not supposed to know)

By Sarah Cain, Staff Writer



Prelude: The Unholy Business of Health Care and Its Incestuous Relationship With The U.S. Government



Could it be that the most respected of industries for which we hold in high regard could actually be the most corrupt of industries? Decades ago, the medical establishment went to war to silence a purported quackery of holistic medicine and chiropractors. This purported perversion of medicine for which the establishment fought so viciously to quell was the contention that vitamin C was beneficial to the human immune system and to overall health. It has become a conveniently forgotten history, and more importantly, a rewritten history. The new history is that the establishment discovered the benefits of vitamin C. It is still discussed infrequently since vitamin C is horrible for business, and of course, vitamin C cannot be patented.

While most practicing doctors may be honorable people who seek to help others, their schools, organizations, and governmental agencies are all controlled by the pharmaceutical companies which have less noble intentions. It is best for them if diseases are treated, but never cured. The trend is unmistakable. How many decades has it been since even an honest effort was made at developing a cure for any disease? Was it polio? How long ago was that? Alternative medicine continues to eliminate supposedly “incurable” illnesses on a regular basis. Where would the extremely influential pharmaceutical industry be if their biggest profit illness, namely

cancer, were curable quickly, cheaply, and easily? They would use their influence in government and with media corporations to make certain that alternative medicine was either discredited, or simply given no mention in the main media networks. It is exactly what has happened. In the United

States, nothing can be cited or advertised as being medically useful by a company regardless of how safe, effective, or natural it is without approval from the F.D.A. — which ultimately means that approval is necessary from the big pharmaceutical cartel. Since safe, effective, and natural cures cannot be patented in order to maximize monetary capitalization; the natural and cheap remedies are never given approval. Without approval, cures can neither be marketed or even labeled for what they really do,

or the producers are imprisoned for making “unapproved” medical claims.

FDA: Silence The Cherry Growers, and Send The U.S. Marshals

In the United States, the F.D.A. (Food and Drug Administration) is charged with the job of approving drugs and ensuring food safety, and correct labeling. In 2005, certain growers of cherries boasted of cherry's benefits on their web sites, and this required the FDA's immediate intervention.

As Reported by Mike Adams, “The FDA, for example, is deep into the business of censorship, believing that the public must be ‘protected’ from too much knowledge. For example, the agency recently sent threatening legal letters to 29 cherry growers who were posting scientific studies describing the health benefits of the many phytochemicals found in cherries (cherries work better than anti-inflammatory drugs at easing arthritis pain, rendering COX-2 drugs utterly obsolete, if you didn't already know). The FDA warned the cherry growers that if they continued to post scientific studies about cherries, then the agency would consider cherries to be ‘unapproved drugs’ and ban their sale in the United States, while arguing that cherries have never been proven ‘safe and effective’”.



Department of Health and Human Services

Public Health Service
Food and Drug Administration
Central Region
Minneapolis District
212 3rd Ave S
Minneapolis, MN 55401
Telephone: (612) 758-7114
FAX: (612) 334-4142

October 17, 2005
WARNING LETTER
VIA CERTIFIED MAIL, RETURN RECEIPT REQUESTED

Jim Seaquist, President
Seaquist Orchards
11482 Hwy 42
PO Box 204
Sister Bay, WI 54234

Ref. No. MIN-06-04

Dear Mr Seaquist:

The Food and Drug Administration (FDA) has reviewed the labeling of your cherry products on your website at www.seaquistorchards.com. This review shows serious violations of the Federal Food, Drug, and Cosmetic Act (the Act) in the labeling of these products. You can find the Act and implementing regulations through links on FDA's Internet home page at www.fda.gov.

Under the Act, articles intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease in man are drugs (Section 201(g)(1)(B) of the Act; 21 United States Code (21 USC 321(g)(1)(B)). The labeling for your cherry containing products bears the following claims:

- "[N.W.] ... recently stopped taking drugs for arthritis pain not long after he began eating 50 tart cherries a day. ... It was very dramatic. Within two days the pain was gone...."
- "[T]here are beneficial compounds in Montmorency tart cherries that help relieve the pan [sic] of arthritis and gout. ... [M]any consumers are discovering that tart cherry juice and other cherry products can stave off pain."

This list of claims is not intended to be all-inclusive, but represents the types of claims found in your product labeling.

These claims cause your products to be drugs, as defined in Section 201(g)(1)(B) of the Act [21 USC 321(g)(1)(B)]. Because these products are not generally recognized as safe and effective when used as labeled, they are also new drugs as defined in Section 201(p) of the Act [21 USC 321(p)].

Under Section 505 of the Act (21 USC 355), a new drug may not be legally marketed in the United States without an approved New Drug Application (NDA). FDA approves a new drug on the basis of scientific data submitted by a drug sponsor to demonstrate that the drug is safe and effective.

The above violations are not meant to be an all-inclusive list of deficiencies in your products and their labeling. It is your responsibility to ensure that products marketed by your firm comply with the Act and its implementing regulations.

Failure to promptly correct these violations may result in enforcement action without further notice. Enforcement action may include seizure of violative products, injunction against the manufacturers and distributors of violative products, and criminal sanctions against persons responsible for causing violations of the Act.

Please advise this office in writing, within 15 working days of receipt of this letter, of the specific steps you have taken or will be taking to correct these violations, including the steps taken to assure that similar violations do not recur.

Your reply should be directed to Compliance Officer Tyra S. Wisecup at the address in the letterhead. Ms. Wisecup may be reached at (612) 758-7114.

Sincerely,

W. Charles Becoat
District Director

The Crime: Telling The Truth

The cherry farmer's had been informing people via the Internet that studies showed cherries work better than pharmaceuticals for certain conditions, and in particular, arthritis. This was their only crime, as admitted by the FDA in its own paper-trail. It is noteworthy that the FDA promised that without their "compliance" it would begin "enforcement action without further notice". Make no mistake about what they meant by "enforcement", for their history makes it painfully clear. They would have convened upon those farms at an intentionally inconvenient time with an army of U.S. Marshals; who would have held the farmers at gun-point as their cherry crops were stolen ("confiscated" as "unapproved drugs"). The farmer's knew the real threat was that they would be wiped out.



Cherries do work better than the most expensive medicines for arthritis pain, and members of the FDA determined that this was too much of a financial threat to the pharmaceutical companies to allow the public to know. We can be fairly certain which group of corporate partners tipped them off about the "dangers" of cherries used medically.

The Scam of Heart-Burn and Indigestion

What you are about to read may seem laughable upon initial reading because of the degree of propaganda from the mainstream medical industry. Nevertheless, you will find the statements to be true if you are willing to try the experiment

that we suggest. Almost everything you have been told about heart-burn, indigestion, and common stomach ailments is a lie. Indigestion is not caused by excess acid in the stomach, nor is acid reflux. In fact, the worst treatment for these problems is taking any type of antacid — whether prescribed or not. Being acidic is the natural state of the stomach, so there is no such thing as an excess of acid or acid build-up in regards to the stomach. It is like claiming that the lungs suffer from excess oxygen, or the blood has an excess of red cells.

Attempting to neutralize stomach acid to treat an uneasy stomach is as effective as treating an excess of blood cells with leaches in the long term. Both cases would be demonstrations of using poor medicine to treat only the symptoms of relatively non-existent medical conditions which the establishment either cannot accurately diagnose, or finds it too unprofitable to do

so. Remember as cited above, the stomach's natural state is acidic. In fact, the stomach contains one of the most powerful acids in existence: hydrochloric acid. This highly destructive acid is the core fuel of the stomach, and in concentrated form, it will tear through titanium like a hot knife cutting butter. The truth about most stomach disorders is one of not having enough acid, so the industry has made fools out of most of us. The true reason behind acid reflux and indigestion is that when the stomach is lacking enough acid, it must churn violently to make the best use of the limited acid during these times of deficiency, which in turn causes pressure and back-flows of the existing acid. Antacids seem to work because they render the acid being spewed by the churning stomach as less potent, and

therefore less painful. In the rare cases when acid is actually being over-produced by the stomach, it is usually the body attempting to overcompensate for antacids having been routinely administered. So the effects of taking antacids snowballs, preventing proper digestion, temporarily eliminating the symptoms only, and eventually causing the very excess acid problems which the treatments originally had been meant to stop. Moreover, to recreate acids which have been neutralized, the body must carry out a set of chemical reactions which causes the rest of the body to become more acidic, which is unhealthy.

The next time you have indigestion problems try the experiment of giving your stomach the acid it needs. Take one tablespoon of apple cider vinegar, and follow with a glass of

water. Your stomach churning and pain will subside within minutes (unless the problem is ulcers). The result is likely to amaze you, especially if you have been suckered for years by antacid advertisers as we once were. Of course, no pharmaceutical company will make billions from this, and none of them will ever be able to become the gate keeper of this remedy by getting a patent to monopolize apple cider vinegar. Regulatory agencies will not be able to profit from this either. So, don't expect to read about this in the medical journals, or hear it reported in the media.

The Biggest Health Secret: The Link Between Body PH and Diseases (including cancer)



The word disease is dis-ease: to be not at ease and harmony internally. Most medical practitioners have forgotten this, at the constant urging of industry, and merely participate in what is basically chemical warfare against the symptoms of a body at dis-ease.

Times have changed much over the eons to place our health at dis-ease. Nowadays our diet hardly mimics the flora of Eden. Even when we try to eat well, our foods are saturated with insecticides, growth hormones, raised in deficient soils, have so-called flavor enhancers, and are genetically modified — typically without any labeling. Laws have even been rewritten to redefine what can be presented as “all natural” in our foods, so now “natural” is routinely used to mask

chemically engineered ingredients. The goal of the involved powers-that-be is to engineer cheap, mass-producible foods, which are highly addictive, and keep us ignorant of it. These foods line the aisles of typical grocery stores. Even colorings have been altered from being natural, and in some cases they are petroleum based. Read about red #40 if you want to have nightmares about what you are putting into your body. In the tap water, we have chlorine and fluoride in addition to hundreds of other toxins. Some of these are poisonous heavy metals — which accumulate over years since they cannot be flushed by the body. Even when not consumed orally, these enter our bodies through absorption into our skin, and in our lungs through the water mist of showers — both direct paths into the blood.

We are not told about this, just as information about cherries is actively censored. Likewise, we are never told what governments and industry knew about fluoride 60 years ago, or why the NAZIs used fluoride against their enemies.

The end result of our accumulated toxicity and everything mentioned above is that our body chemistry has been altered to become acidic. The relationship between an acidic body and illness has long been established, and the medical term for this condition is acidosis. Acidosis ironically leads to an acid deficiency in the only organ requiring acid: the stomach. The toxicity of the majority of foods of a typical diet causes the body to become more acidic during digestion, and this includes most tap water.

A body which is acidic (which is most bodies) destroys its own cells, has a crippled immune system, ages rapidly, experiences skin and hair problems, has metabolic and weight regulation problems, is dis-ease prone, is prone to allergies, cannot effectively absorb nutrients, cannot effectively flush toxins, cannot properly cope with cholesterol, cannot properly regulate minerals such as calcium, and most importantly, cannot maintain high levels of oxygen.

The opposite of being acidic is being alkaline. Chemicals (and blood) which are alkaline readily absorb huge amounts of oxygen. Most infections and cancers cannot survive in an oxygen-rich alkaline environment. For instance, oxygenated water (a.k.a. hydrogen peroxide) is a most effective infection killer because parasitic microorganisms cannot survive in contact with high levels of oxygen. However, our typically acidic bodies cannot retain the oxygen to function properly or to fight infections. When a body reaches a pH level of 7.4 (alkaline instead of acidic) cancers become dormant, and at

8.5 all cancers die rapidly, along with every other type of invader.

Keiichi Morishita wrote about the pH in his book, *Hidden Truth of Cancer*, "Drugs, medications and toxic chemicals have the effect of lowering the pH of the body, that is the reason why there are side effects to drugs and none of them effect a cure.

When body pH drops below 6.4, enzymes are deactivated, digestion does not work properly; vitamins, minerals and food supplements cannot effectively assimilate. Acid decreases energy production in the cells, the ability to repair damaged cells, the ability to detoxify heavy metals and makes the body more susceptible to fatigue and illness. Your body pH affects everything.

Research has proven that disease cannot survive in an alkaline state, and that, viruses, bacteria, yeast, mold, fungus, candida and cancer cells thrive in an acidic, low oxygen, low PH environment. An acidic pH can result from an acid forming diet, emotional stress, toxic overload, and immune reactions or any process that deprives the cells of oxygen and other nutrients.

The body will try to compensate for acid by utilizing alkaline mineral reserves, like sodium from the stomach, and calcium from the bones. This is a primary cause of osteoporosis and a number of other diseases. If there are not enough minerals in the diet to compensate, acid build-up in the cells will occur, resulting in symptoms like pain, arthritis, fibromyalgia, MS, and lupus.

Cancer is not compatible in a healthy pH environment full of oxygen. For example, cancer of the heart doesn't exist. This is because, blood flowing from the lungs into the heart, are at the highest pH and oxygen levels within the entire body. As the blood travels through the lungs, acidic toxins are thrown out of the system leaving it rich with oxygen and a high blood pH.

In the absence of oxygen, glucose undergoes fermentation to lactic acid. This causes the pH of the cell to drop even lower. Urine and saliva pH of terminal cancer patients almost always runs between 4.0 and 5.5. When the cancer goes into metastases the pH drops even lower."

"In 1964, only 1 person in 214 contracted cancer. Today it is 1 in 3 females and 1 in 2 males. The determining factor between health and disease is pH. It is not uncommon for the average American to test between 4 pH and 5 pH."

— Keiichi Morishita



PH is the abbreviation for potential hydrogen, or the measurement of hydrogen-ion concentration of any solution. The higher the pH reading, the more alkaline and oxygen-rich the fluid may be. The lower the reading, the more acidic and oxygen resistant the fluid is. The pH scale is from 0 to 14 with 7.0 being neutral. Anything above 7.0 is alkaline, and anything below 7.0 is acidic. Pictured above is oxygenated water, which is better known as hydrogen peroxide.

The Nobel Prize Discovery That The Media and Medical Journals Never Report

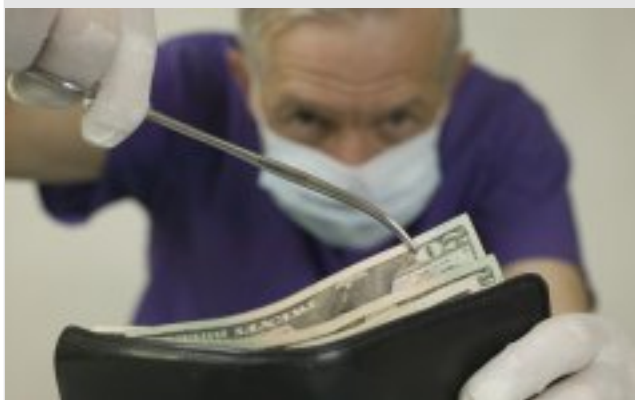
Pictured right is Dr. Otto Warburg. He was awarded the Nobel Prize for Medicine in 1931, but his discoveries have been suppressed by the medical establishment so successfully that only alternative medicine researchers ever learn of them, or him. The Nobel Foundation explained why it awarded Dr. Warburg with a Nobel Prize by writing, "...For his discovery of the nature and mode of action of the respiratory enzyme, the Nobel Prize has been awarded to him in 1931. This discovery has opened up new ways in the



fields of cellular metabolism and cellular respiration. He has shown, among other things, that cancerous cells can live and develop, even in the absence of oxygen."

Dr. Warburg discovered that cancer cells are not fueled by oxygen as normal cells are. In fact, the high levels of oxygen that are found in alkaline (non-acidic) bodies are toxic to cancers. He found that cancers get their energy from sugars and a process of fermentation in acidic environments. He proved empirically the relationships between cancers and body pH. His finding demonstrated that cancers are merely a symptom of the disease of acidosis, and therefore it is impossible to truly cure cancer without curing the underlying acidosis.

The toxic effects of so-called conventional cancer treatments such as chemotherapy and radiation actually increase a body's acidity, making it almost certain that cancer symptoms will return elsewhere, even if the initial tumors are eliminated. These treatments actually stimulate the acidic condition that originally caused the cancer, as they damage the overall immune system and the organs throughout the body. In fact, it is well-known that cancers tend to spread rapidly after conventional treatments, so the question is why are orthodox doctors using therapies that they already know will generally make the condition worse instead of better in the long-term?



Medical Quotes

"But nobody today can say that one does not know what cancer and its prime cause be. On the contrary, there is no disease whose prime cause is better known, so that today ignorance is no longer an excuse that one cannot do more about prevention. That prevention of cancer will come there is no doubt, for man wishes to survive. But

how long prevention will be avoided depends on how long the prophets of agnosticism will succeed in inhibiting the application of scientific knowledge in the cancer field. In the meantime, millions of men must die of cancer unnecessarily."

— Dr. Otto Warburg, 1966, Medical Nobel Prize winner

"Everyone should know that the 'war on cancer' is largely a fraud."

— Dr. Linus Pauling, two-time winner of the Nobel Prize for Medicine

"To the cancer establishment, a cancer patient is a profit center. The actual clinical and scientific evidence does not support the claims of the cancer industry. Conventional cancer treatments are in place as the law of the land because they pay, not heal, the best. Decades of the politics-of-cancer-as-usual have kept you from knowing this, and will continue to do so unless you wake up to their reality."

— John Diamond, M.D. & Lee Cowden, M.D.

"Chemotherapy is an incredibly lucrative business for doctors, hospitals, and pharmaceutical companies... The medical establishment wants everyone to follow the same exact protocol. They don't want to see the chemotherapy industry go under, and that's the number one obstacle to any progress in oncology."

— Dr. Glen Warner, M.D.

"You wouldn't believe how many FDA officials or relatives or acquaintances of FDA officials come to see me as patients in Hanover. You wouldn't believe this, or directors of the AMA, or ACA, or the presidents of orthodox cancer institutes."

— Hans Nieper, M.D., alternative medicine practitioner

"When Dr. Hamer was arrested in 1997 for having given three people medical advice without a medical license, the police confiscated his patients' files and had them analyzed. Subsequently, one public prosecutor was forced to admit during the trial that, after five years, 6,000 out of 6,500 patients with mostly 'terminal' cancer were still alive. With conventional treatment the figures are generally just the reverse."

— Dr. Caroline Markolin, Ph.D.

"As a chemist trained to interpret data, it is incomprehensible to me that physicians can ignore the clear evidence that chemotherapy does much, much more harm than good."

— Alan Nixon, Ph.D., Past President,
American Chemical Society

"Two to 4% of cancers respond to chemotherapy."

— Ralph Moss, Ph.D, 1995

"The thing that bugs me is that the people think the FDA is protecting them. It isn't. What the FDA is doing and what the public thinks it's doing are as different as night and day."

— Dr. Ley, former Commissioner of the FDA

"In point of fact, fluoride causes more human cancer deaths, and causes it faster, than any other chemical."

— Dean Burke, Former Chief Chemist Emeritus,
U.S. National Cancer Institute

"Most cancer patients in this country die of chemotherapy... Chemotherapy does not eliminate breast, colon or lung cancers. This fact has been documented for over a decade. Yet doctors still use chemotherapy for these tumours... Women with breast cancer are likely to die faster with chemo than without it."

— Alan Levin, M.D.



“When a patient is found to have a tumor, the only thing the doctor discusses with that patient is what he intends to do about the tumor. If a patient with a tumor is receiving radiation or chemotherapy, the only question that is asked is, ‘How is the tumor doing?’ No one ever asks how the patient is doing. In my medical training, I remember well seeing patients who were getting radiation and/or chemotherapy. The tumor would get smaller and smaller, but the patient would be getting sicker and sicker. At autopsy we would hear, ‘Isn’t that marvelous! The tumor is gone!’ Yes, it was, but so was the patient. How many millions of times are we going to have to repeat these scenarios before we realize that we are treating the wrong thing?”

— Dr. Philip Binzel

Cancer Is Normal — Acidosis Is Not

Every person who takes breath on this Earth has cancer. Cancer cells are a normal part of existence. A healthy body with a healthy immune system will eliminate these cancer cells at roughly the same rate that they are spawned. Your body eliminates thousands, and perhaps millions of cancer cells every day, to insure that your body is clean of these mutated cells. It is exactly the way things are supposed to work.

As tissues and cells die, such as those of killed cancer cells, the decaying tissues ferment to make the body somewhat more acidic and toxic. With the very active participation of the liver and kidneys, the body's regulatory and immune systems simultaneously trigger the chemical reactions to shift the blood from being slightly acidic back to alkaline by harnessing key minerals. This is how a healthy body cures itself of cancer every day, and all of this is a testament to the wonder of God's creation.

If a body is made too acidic by diet, toxins, or a suppressed immune system, then things no longer work as they are supposed to. Excessive acidity impairs the immune system which is the core of life itself. When the immune system is compromised, the body loses its ability to alkalize itself, and then the body loses its ability to absorb oxygen effectively. When the body is in its healthy alkaline state it absorbs and retains oxygen at a rate of 1,000 times better than its unhealthy acidic state. Without oxygen, cells must use fermentation for energy instead of oxygen, and this transforms healthy cells into cancer cells. The fermentation and cancer response may actually be a survival response for the cells.

Whenever there is oxygen depletion, there may be an excess of cancer cells which can form into tumors. This “cancer” is no disease, but merely a troubling symptom that the body's immune system can no longer regulate itself because external forces have overwhelmed it. These things can be

vitamin and mineral depletion, illnesses, extreme stress, chemical carcinogens, unhealthy (chemically altered) fats and oils, and a lack of omega-3 oils. Diet usually plays a huge role in making a person acidic and therefore oxygen depleted, especially the synthesized products ironically marketed as healthy alternatives to natural fats and oils.

According to the official statistics published by the German Research Centre On Cancer in Heidelberg, 98% of patients treated with chemo die within 7 years, and 95% ... within 5 years. With Germanische Neue Medizin (alternative medicine) however, 98% of those patients who did not previously receive treatments with chemo and morphine survived.



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“After one recent survey two pathologists reported that after carrying out 400 post-mortem examinations they had found that in more than half the patients the wrong diagnosis had been made. This presumably also means that in more than half the patients the wrong treatment had been given. And since so many modern treatments are undeniably powerful it also presumably means that a large proportion of those patients died because of their treatment. The two pathologists reported that potentially treatable disease was missed in one in seven patients. They found that 65 out of 134 cases of pneumonia had gone unrecognised while out of 51 patients who had suffered heart attacks doctors had failed to diagnose the problem in 18 cases.”

— Dr Vernon Coleman

Cause or Effect?

It is known and obvious that acidosis is a by-product of an over-taxed immune system, for it is known that in sickness the body is practically always acidic. The orthodox establishment considers acidosis to be a symptom of whatever disease is present in much the same way it considers tumors to be a symptom of cancer. The utter lack of success in curing cancer may be due in part to a fundamental misunderstanding of these relationships.

Cancer is merely one of many symptoms of acidosis; albeit one of the worst. Therefore, tumors are not really a symptom of cancer, but of acidosis. Cancer cells are normal in even healthy bodies, after all.

To the establishment, tumors are the disease, and are caused by a mysterious force called “cancer”. It does not require 12 years of college to immediately see the flaw in the establishment’s logic. One only needs to holistically look at the big picture to see it. Given that acidosis is known to appear at the onset of most serious diseases, including cancers, and all general infections, it is apparent that acidosis is not merely a symptom. It is a core cause.

Cancers have been cured countless times with alternative

therapies designed to adjust the patients’ pH (and oxygen intake). People have been literally saved with common baking soda and hydrogen peroxide. Of course, these are not the only methods available, and there may be much better solutions in some cases, but they have been known to work reliably, safely, quickly, and cheaply.

Curing (Not Treating) Cancer

Our goal at Naturally Good Magazine is not to treat and diagnose diseases, which would be a daunting task for any magazine. We are instead striving to help readers to help themselves. The following are some topics we strongly encourage readers to research, especially if they are impacted by cancer.

- Research the benefits of fruits and vegetables
- Alkalizing diets
- The Budwig Diet (won Nobel Prize for)
- Cold-pressed Omega-3 in light resistant capsule form
- Adding bicarbonates to the diet
- Using sea-salt
- Using tropical iodine daily
- IV and oral hydrogen peroxide therapy (oxygen therapy)
- Avoiding tap water, and using alkaline (or mineral) water
- Avoiding fluoride based products, like fluoride toothpaste
- Avoiding toxins and undergoing detox programs
- Get sun-light, the best source of the anti-cancer vitamin D
- Research into the countless herbs that fight cancer

You may notice from the list above that everything listed is safe and natural. It is the pattern that you will find with alternative medicine, because it is designed to work with your body, instead of against nature. The last thing an alternative practitioner would do is suppress your immune system, because you need it for your very survival, but this is the first thing done by orthodox doctors.

We do not ask that you necessarily believe anything we have written, and if you believe us in blind faith, then we have not done our job. We instead hope that we have opened your mind enough for you to do your own research, and for you to be willing to question those who claim authority. It is your life, and your life may depend on your willingness to do that.

For generations, health-conscious people around the world have recognized that the foundation to a healthy life and healthy body is clean, fresh drinking water. This important essential element is the basis for enjoying your longest, healthiest life. No amount of vitamins or supplements can substitute for the vital life-sustaining properties found in nourishing, healthful drinking water. It is truly the foundation of life.

Unfortunately, securing your access to good tasting, sparkling, wholesome drinking water can be harder than you might expect. Water is often laced with chlorine, lead, high levels of harmful bacteria, and other unwanted chemicals and contaminants. Frequently these produce unpleasant tastes and odors. Even bottled water can contain these same contaminants, and moreover it is very expensive. Other filtration systems are inferior. Most do not remove pathogenic bacteria and many remove the beneficial minerals that your body needs.

Berkey Systems has long been recognized as the world's ultimate in water purification. Its simple, highly effective method of using gravity was developed almost 200 years ago, yet it still produces some of the finest, most healthful drinking water available.

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Injuring and Making Americans Dumberer Through The Water

By Sarah Cain, Staff Writer



There are many Americans who refuse to drink tap water. Many of them use water filters to eliminate the taste of chlorine. The smell or stench of the water should not be the only reason to avoid ingesting it. People should be far more concerned about which impurities are actually producing the foul taste, and what they may be doing to their health.

The water supplied by most cities contains chlorine, fluoride, varying amounts of dissolved minerals including calcium, magnesium, and sodium, chlorides, sulphates, and bicarbonates. It is also not uncommon to find traces of iron, manganese, copper, aluminum, nitrates, insecticides, and herbicides. Prescription medications have also been found in the tap water of 41,000,000 American homes across the United States. According to the Associated Press, there is a vast array of pharmaceuticals; including antibiotics, anti-convulsants, mood stabilizers and sex hormones in the municipal water supplies. The federal government does not require any testing and has not set safety limits for drugs in the water supplies. We will not know the long-term effects of ingesting random concoctions of prescription drugs for numerous years. Sadly enough, your grandchildren probably will.

There are two extremely hazardous chemicals which are intentionally added to public water supplies: chlorine and fluoride.

Delicious Thirst Quenching Bleach



KEEP OUT OF REACH OF CHILDREN. DANGER: CORROSIVE.
FIRST AID: IF IN EYES: Hold eye open and rinse slowly and gently with water for 15-20 minutes. Remove contact lenses, if present, after the first 5 minutes, then continue rinsing eye. IF ON SKIN OR CLOTHING: Take off contaminated clothing. Rinse skin immediately with plenty of water for 15-20 minutes. IN EITHER CASE, CALL A POISON CONTROL CENTER OR DOCTOR IMMEDIATELY FOR TREATMENT ADVICE. See back panel for additional precautionary labeling.
Staphylococcus aureus, Streptococcus pyogenes, Salmonella enterica and Escherichia coli 0157:H7

Chlorine bleach is added to practically all U.S. public water supplies as a disinfectant. It is used not because it is safe, but because it is cheap. Adding chlorine limits the liability of the governmental agencies who provide potentially putrid water, because the side-effects of their chlorine disinfection are difficult to trace, and occur only after extensive long-term use. For example, it would be easy for citizens to prove that they became ill from drinking non-disinfected water by simply testing the contaminated water, but it is much more difficult to prove that their heart disease or cancer was created by chlorine by-products after twenty years of consuming it. Chlorine bleach is used to satisfy certain priorities, whereby saving money is a much higher priority than long-term public health. When usage of chlorine began in the early 1900's, the long-term effects were unknown, but there are no longer any excuses to force the public to drink bleach.

It is not uncommon to find the chlorine in tap water at unsafe levels for swimming pools. A simple chlorine test kit from a local discount department store will typically yield surprising results.

One troubling quality of chlorine is its tendency to neutralize oxygen. Once inside the body, it has an oxygen depleting effect, and this shifts the body's PH toward becoming acidic. These effects are disruptive to a person's immune system, which opens him up to a whole host of potential infections, and it makes him much more prone to suffer allergy symptoms. Water occurring in nature always contains a small

amount of hydrogen peroxide, which in many ways makes it the opposite of chemically treated water in PH, oxygen levels, and healthiness. The difference between pure water and chemically altered tap water is literally the difference between natural rain and acid rain.

The most significant risks with chlorine come not from the chlorine itself, but from its by-products which are usually known as trihalomethanes (THMs). These are produced whenever chlorine contacts organic proteins. An example of a THM is chloroform, a proven cancer-causing agent. Animal studies have consistently shown an association between THMs and cancers of the liver and kidneys. Independent studies have repeatedly demonstrated that chlorine and THMs are strong contributing factors in creating colon and bladder cancers, as well as diabetes, kidney stones, and heart attacks.

Chlorine has been known for years to both cause and worsen respiratory problems including asthma and pneumonia. As a halogen which damages enzymes, chlorine weakens the immune system upon ingestion. Chlorine causes magnesium deficiency, which can cause almost any symptom you can imagine, from migraine headaches, high blood pressure, chemical sensitivity, and in severe cases, sudden death according to Mark J. Eisenberg, M.D. (especially when combined with MSG). But that is not all. Chlorine also decreases the absorption while increasing the excretion of calcium and phosphorus. This increased loss of calcium into the urine can lead to bone related problems including

osteoporosis. Chlorine is known to irritate the skin, the eyes, and the respiratory system.

“Chlorine is the greatest crippler and killer of modern times. While it prevented epidemics of one disease, it was creating another. Two decades ago, after the start of chlorinating our drinking water in 1904, the present epidemic of heart trouble, cancer and senility began.”

— Dr. J. M. Price

Fluoride: Making Sure Americans Ain't Reel Smart Or Healthy

The American Dental Association, the FDA, and the U.S. Centers for Disease Control all maintain that mercury, a cumulative toxic heavy metal, is perfectly safe to be embedded into your living teeth. Not surprisingly, they all also support the fluoridation of public water reservoirs.

The poison fluoride has been intentionally added to water supplies in the United States for a century. Fluoridation has been justified by claims that it produces dental health benefits, even though there has never been evidence supporting the belief that ingestion of it could be beneficial. Conversely, there is overwhelming evidence that ingested fluoride is a long term, cumulative, degenerative poison that attacks even the teeth. These facts were known long before fluoride was added to tap water.

The EPA classifies fluoride as a toxic waste product from aluminum processing, uranium processing, and fertilizer manufacture, but they allow it to be added directly into water for human consumption. Instead of the pharmaceutical grade fluoride that is used in toothpastes, it is this left-over industrial waste sludge that is added to water supplies. If a large amount of this fluoride were spilled at any location, then it would require that the site be quarantined as an EPA clean-up site, where all the workers would need to wear space suits. However, they are okay with it lacing the public water supplies, and with it being used in infant formula.

Aside from being placed in our toothpaste and fluoride supplements, sodium fluoride is the main ingredient of rat poisons. It is also used in pesticides, insecticides, and fungicides. Every form of fluoride has a cumulative effect in the body. Every time a person drinks fluoridated water, eats

contaminated produce (produce grown with phosphate fertilizer), eats processed foods, or brushes his teeth with fluoridated toothpaste, he is adding to his body's toxic reserves. Even without swallowing any toothpaste, his mouth will absorb up to 1.0 mg of fluoride per brushing directly into the bloodstream through skin absorption.

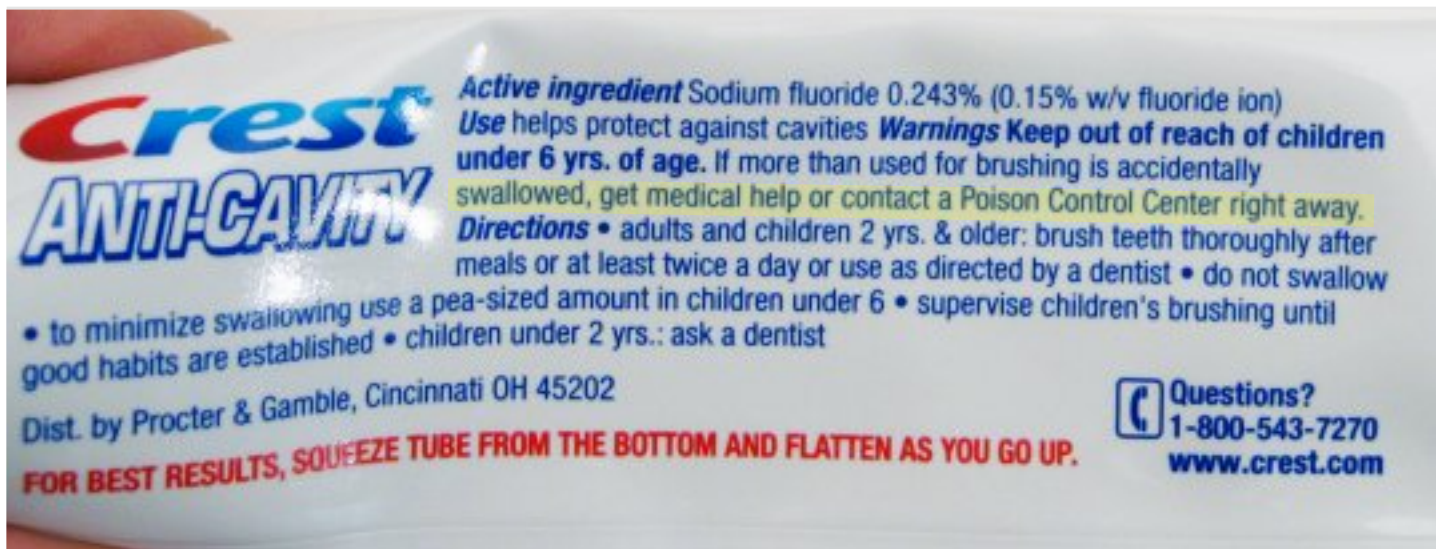
The scientists who promoted the use of fluoride initially are the same infamous ones who promoted adding lead to gasoline, and who performed radiation experiments on unknowing patients. They were well endowed by the chemical industry for all of this, and for keeping silent about their most disturbing findings. They were traitors to the practice of medicine, and traitors to their country. These doctors were proud mass murders, and their experiments are well documented.

Here is some of that history. The top scientist who oversaw the Newburgh Experiment, and the leading voice promoting water fluoridation as safe in low doses was Dr. Harold Hodge. Dr. Hodge is still regarded as the dean of the science of toxicology in the United States. While selling the use of fluoride for children, he was simultaneously head of the Division of Pharmacology and Toxicology for the Manhattan Project. He was charged with protecting the government from worker and community lawsuits for fluoride exposure, since fluoride was a by-product of uranium enrichment. Marketing that fluoride was safe in low doses was the Manhattan Project's official policy to reduce the risk of lawsuits against the atomic bomb program. Current policy is the result of that marketing.

Fluoride is a toxic waste product from the chemical industry. Since cities purchase fluoride for their water supplies, the fertilizer industry has one of the best corporate welfare programs. Instead of paying billions to neutralize their toxic waste before discarding it, they accept payments for creating it at a 20,000% mark-up. The tax payers are customers of this substance which is poisoning them, whether they like it or not. Business is always good for the chemical fertilizer industry.

“If this stuff gets out into the air, it's a pollutant; if it gets into the river, it's a pollutant; if it gets into the lake it's a pollutant; but if it goes right into your drinking water system, it's not a pollutant. That's amazing...”

— Dr. J. William Hirzy, E.P.A.



"If I were to name one element or chemical compound that would represent the 'Bane of Mans existence on Earth' it would be fluorine or fluoride. Fluorine has caused huge problems for man since the beginning of time due to volcanic events on Earth. Fluorine or Hydrogen Fluoride released from volcanic events or even meteor terminal events is the principle effect for extinction events on this planet."

— Jim Phelps

Researcher Jim Phelps also noted that, "Rising levels of fluoride are directly connected to disruption of enzymes necessary for cell repair (glutathione particularly) and removal of toxic metals from the human body. The effect results in the rise of lead, mercury, and other toxic metals in children that impair their IQ and long term health. In the elderly, it hastens the onset of gray hair because it is linked to mercury concentrations in the body. It also adds to brittle bone problems, dementia from toxic metals' effects on the brain, and quite literally onset for immune illnesses and death.

Fluoride is not a friend to children's teeth, but a deadly cumulative poison where 98 percent [actually ~50%] of the fluoride ingested goes right to the bone of children to disrupt their health in much the same way that Sr-90 from nuclear testing was feared to cause cancer in children.

The remaining unabsorbed fluoride [~50%] attacks the kidneys as they attempt to filter it out of the body, and excrete it through the urinary tract."

"According to the handbook, 'Clinical Toxicology of Commercial Products', fluoride is more poisonous than lead, and just slightly less poisonous than arsenic. It is a cumulative poison that accumulates in bones over the years."

— Michael Schachter, M.D.

As reported by Dr. Michael Schachter, "A study by Proctor and Gamble showed that as little as half the amount of fluoride used to fluoridate public water supplies resulted in a sizable and significant increase in genetic damage.

Epidemiology research in the mid-1970's by the late Dr. Dean Burk, head of the cytochemistry division of the National Cancer Institute, indicated that 10,000 or more fluoridation-linked cancer deaths occur yearly in the United States. In 1989, the ability of fluoride to transform normal cells into cancer cells was confirmed by Argonne National Laboratories.

Results released in 1989 of studies carried out at the prestigious Batelle Research Institute showed that fluoride was linked to a rare form of liver cancer in mice, oral tumors, and cancers in rats, and bone cancer in male rats. Since 1991, the New Jersey Department of Health found that the incidence of osteosarcoma, a type of bone cancer, was far higher in young men exposed to fluoridated water as compared to those who were not.



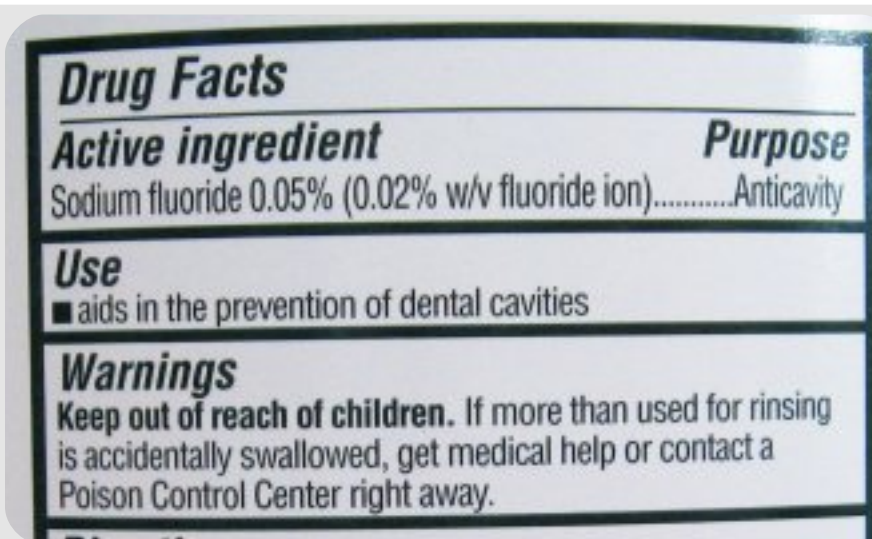
In addition to the well documented toxic effects of fluoride, fluoride even at dosages of 1 part per million, found in artificially fluoridated water, can inhibit enzyme systems, damage the immune system, contribute to calcification of soft tissues, worsen arthritis, and of course, cause dental fluorosis in children. Fluorosis consists of unsightly white, yellow, or brown spots that are found in teeth exposed to fluoride during childhood.

In 1993, the Subcommittee on Health Effects of Ingested Fluoride of the National Research Council admitted that 8% to 51% and sometimes up to 80% of the children living in fluoridated areas have dental fluorosis. Malnourished people, particularly children, usually targeted for fluoridation, are at greater risks to experience fluoride's harmful effects."

Dr. Schachter furthermore wrote, "Surprisingly, the most recent studies do not even show that water fluoridation is effective in reducing tooth decay. In the largest U.S. study of fluoridation and tooth decay, United States Public Health Service dental records of over 39,000 school children, ages 5-17, from 84 areas around the United States showed that the number of decayed, missing, and filled teeth per child was virtually the same in fluoridated and non-fluoridated areas. Dr. John Colquhoun, former Chief Dental Officer of the Department of Health for Auckland, New Zealand, investigated tooth decay statistics from about 60,000 12 to 13 year old children and showed that fluoridation had no significant effect on tooth decay rate.

Given all of this scientific information, what is behind this push for universal fluoridation? Prior to 1945, fluoride was properly regarded as an environmental pollutant. It was responsible for many lawsuits against industries, such as the aluminum industry, and the phosphate fertilizer industry, whose waste products contain large quantities of fluoride. This fluoride destroyed crops and animals, leading to the lawsuits. The limited public view was that fluoride was an environmental pollutant that needed to be reduced or eliminated from the environment.

As a result of clever public relations campaigns, fluoride was transformed from an environmental pollutant to an essential nutrient necessary for producing healthy teeth. The science was poor, but the P.R. campaign was great. Being against fluoride was like being against motherhood or apple pie. Industries not only made millions from selling this



environmental pollutant to water companies and toothpaste companies, but more importantly, it saved billions of dollars that would be required to clean up this environmental pollutant."

This is a partial list of the effects of fluoride ingestion:

- Brittle Bone Disease
- Brittle Teeth
- Brown, Yellow, Spotted and Discolored Teeth
- Cancer
- Heart Disease
- Arthritis
- Premature Aging

Readers may notice that all of these conditions are epidemic in the United States.

Fluoride has been directly related to osteosarcoma, a rare bone cancer, and fluoride consumption among young children will result in a reduced mental work capacity and a significantly lower IQ. Fluoridated water affects the hormones in the body, and is thus frequently debated as a leading cause in growing infertility rates and underweight or premature births. If you have any doubt about the danger level surrounding fluoride, take another look at your fluoride toothpaste label. The FDA forces toothpaste companies to print the following label on all products that contain fluoride: "If more than used for [use] is accidentally swallowed, get medical help or contact a poison-control center right away."



Fluoride Was A Favorite Of The NAZIs

"In the 1930's, Hitler and the German Nazi's envisioned a world to be dominated and controlled by a Nazi philosophy of pan-Germanism. The German chemists worked out a very ingenious and far-reaching plan of mass-control which was submitted to and adopted by the German General Staff. This plan was to control the population in any given area through mass medication of drinking water supplies. By this method they could control the population in whole areas, reduce population by water medication that would produce sterility in women, and so on. In this scheme of mass-control, sodium fluoride occupied a prominent place.

Repeated doses of infinitesimal amounts of fluoride will in time reduce an individual's power to resist domination, by slowly poisoning and narcotizing a certain area of the brain, thus making him submissive to the will of those who wish to govern him.

The real reason behind water fluoridation is not to benefit children's teeth. If this were the real reason there are many ways in which it could be done that are much easier, cheaper, and far more effective. The real purpose behind water fluoridation is to reduce the resistance of the masses to domination and control and loss of liberty.

I was told of this entire scheme by a German chemist who was an official of the great IG Farben chemical industries and was also prominent in the NAZI movement at the time. I say this with all the earnestness and sincerity of a scientist who has spent nearly 20 years research into the chemistry, biochemistry, physiology and pathology of fluorine"

— Charles Perkins, Chemist Rebuilding German Infrastructure, 1954

Reversing The Damage and Neutralizing The Poison

The staff wishes to inform our readers of a remedy for fluoride poisoning, of which most Americans experience symptoms through various mysterious ailments and aggravated conditions.

Iodine and fluoride neutralize one another. In fact, our modern diets are deficient in iodine, which makes the fluoride problem worse. Iodine must be applied topically, and it will be absorbed completely by the skin. People must experiment to find the amount that they need by examining how large an application takes about 24 hours to completely disappear. A person's body will amazingly absorb iodine at a rate matching how much is needed. For example, the amount will dramatically increase during illness. We recommend beginning with a quarter-sized patch of iodine and adjusting as necessary. In moderate amounts, iodine will work wonders for most peoples' immune systems, because most people have under-active thyroids due to the toxicity of their diets and their water. Of course, we recommend avoiding all tap water.



Other Contaminates In The Water

We have only provided a detailed analysis of the two main toxins found tainting the water supplies, and we have not even begun to mention the dangers of heavy metals; but we are providing a list of the top 100 chemicals that are found in North Carolina municipal water supplies, and we strongly encourage our readers to do their own research in addition to this article. For readers who filter their water, we regret to inform you that you may not be as safe as you believe. There is only one type of water filter we know of that can remove fluoride, and it cannot be found in retailers. Most water filters are not designed to remove the chemicals that go through them, and instead merely aim to mask the foul taste. We advise either purchasing bottled spring water, drinking well water, or purchasing a Berkey water filter.

The top 100 contaminate list according to the U.S. Environmental Protection Agency follows.

The Top 100 Contaminates In North Carolina Public Water Supplies As Reported By The U.S. E.P.A.

- | | | | |
|---------------------------------------|--|---------------------------------------|----------------------------|
| 1) 1,1,1,2-Tetrachloroethane | 34) Beryllium (total) | Hexachlorocyclopentadiene | (THMs) |
| 2) 1,1,2-Trichloroethane | 35) Bromate | 66) Isopropylbenzene | 97) Toxaphene |
| 3) 1,1-Dichloroethane | 36) Bromide | 67) Lindane | 98) Trichloroethylene |
| 4) 1,1-Dichloropropene | 37) Bromobenzene | 68) m-Dichlorobenzene | 99) Trichlorofluoromethane |
| 5) 1,2 Dibromo-3-chloropropane (DBCP) | 38) Bromodichloromethane | 69) Manganese | 100) Vinyl chloride |
| 6) 1,2,3-Trichloropropane | 39) Bromoform | 70) Mercury (total inorganic) | |
| 7) 1,2,4-Trichlorobenzene | 40) Bromomethane | 71) Metolachlor | |
| 8) 1,2-Dibromoethylene | 41) Cadmium (total) | 72) Monochlorobenzene (Chlorobenzene) | |
| 9) 1,2-Dichloroethane | 42) Carbaryl | 73) n-Butylbenzene | |
| 10) 1,3,5-Trimethylbenzene | 43) Carbon tetrachloride | 74) n-Propylbenzene | |
| 11) 1,3-Dichloropropane | 44) Chloroethane | 75) Naphthalene | |
| 12) 1,4-Dioxane | 45) Chloroform | 76) Nitrate | |
| 13) 2,2-Dichloropropane | 46) Chloromethane | 77) Nitrate & nitrite | |
| 14) 2,4,5-T | 47) Chromium (total) | 78) o-Chlorotoluene | |
| 15) 2,4,5-TP (Silvex) | 48) cis-1,2-Dichloroethylene | 79) o-Dichlorobenzene | |
| 16) 2,4-D | 49) Cyanide | 80) Oxamyl (Vydate) | |
| 17) 2-Hexanone | 50) Dalapon | 81) p-Chlorotoluene | |
| 18) 2-Nitropropane | 51) Di(2-Ethylhexyl) adipate | 82) p-Dichlorobenzene | |
| 19) Acetochlor | 52) Di(2-ethylhexyl) phthalate | 83) p-Isopropyltoluene | |
| 20) Aldicarb | 53) Dibromochloromethane | 84) Pentachlorophenol | |
| 21) Aldicarb sulfone | 54) Dibromomethane | 85) Picloram | |
| 22) Aldicarb sulfoxide | 55) Dicamba | 86) Radium-226 & Radium-228 | |
| 23) Alpha-Lindane | 56) Dichlorodifluoromethane | 87) sec-Butylbenzene | |
| 24) Aluminum | 57) Dichloromethane (methylene chloride) | 88) Simazine | |
| 25) Ammonia | 58) Dieldrin | 89) Styrene | |
| 26) Aniline | 59) Dinoseb | 90) Sulfate | |
| 27) Anthracene | 60) Endrin | 91) tert-Butylbenzene | |
| 28) Antimony | 61) Ethylbenzene | 92) Tetrachloroethylene | |
| 29) Arsenic | 62) Ethylene dibromide (EDB) | 93) Thallium (total) | |
| 30) Atrazine | 63) Heptachlor | 94) Toluene | |
| 31) Barium | 64) Heptachlor epoxide | 95) Total haloacetic acids | |
| 32) Benzene | 65) | 96) Total trihalomethanes | |



These teeth were damaged by fluoride ingestion. This common and permanent condition is known as fluorosis.

Kurt Needs Our Help

Kurt Danysh was an outgoing 18-year-old boy, whose troubles began when he was placed on Prozac by a doctor who performed no psychological testing. The teenager quickly became withdrawn, and his emotional instability tailspinned as he became reckless and violent. The rapid drug-induced deterioration of his mental health continued, placing him in a fight with his best friend, and he later intentionally crashed his truck into a stone wall. This era of Kurt's life tragically ended with him fatally shooting his father only 17 days after his first dose of Prozac.

"I was on Prozac. It's supposed to calm me down, and like level me out, but since I got on it, when something bothers me, it bothers me to [the] extreme. I just act differently. I don't have the energy or personality I used to. I spend half the time in a trance. I didn't realize I did it until after it was done, and then I realized it. This might sound weird, but it felt like I had no control of what I was doing, like I was left there just holding a gun."

- Kurt Danysh, police confession

Kurt had no prior history of violence. Prozac had distorted both his thinking and his behavior, but the court ignored these facts. It sentenced Kurt to 22.5 to 60 years inside a maximum security prison. He has been incarcerated at SCI Frackville Prison in Frackville, Pennsylvania, since 1996.

Eight years into Kurt's conviction, the FDA finally admitted that SSRI antidepressants such as Prozac cause suicidal and violent behaviors, particularly in adolescents and children.

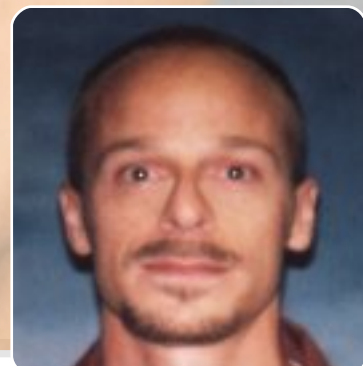
Since then, it has been revealed that Eli Lilly & Co. (the makers of Prozac) covered-up its own data from 1988, which linked Prozac to violence. No disciplinary action was taken against the pharmaceutical corporation.

Kurt has gained his GED and a paralegal degree whilst incarcerated, and has launched the SAVE campaign (Stop Antidepressant Violence from Escalating) in the hope of saving other children from his fate. When he is released from prison, he intends to help other victims of psychiatric SSRI drugs. Kurt is not alone in his battle against these psychogenic medications, but in order for this sort of injustice to be corrected, the first step is releasing Kurt from prison. While he found a lawyer willing to represent him, neither Kurt, nor his mother have the funds necessary for Kurt to obtain his rightful freedom. We need to raise a bare minimum of \$7,500 in order for Kurt to retain a lawyer willing to begin the process.

If you are able to donate any amount into the Kurt Danysh Legal Aid Fund, please make the payee of checks and money orders to his legal advocate, Martha Lacross, and mail them to:

Kurt's Legal Fund
c/o Naturally Good Magazine
142 Redwood Drive
Mocksville, NC 27028

<http://kurtdanysh.com>



Naturally and Holistically Curing Allergies and Candida

By Sarah Cain, Staff Writer



Allergies are a common problem in this era, as are pharmaceutical drugs that are designed to help us deal with them. An allergy-prone individual has to take a pill every twelve hours endlessly if he trusts orthodox medicine to treat him, and this is merely treating the symptoms. Allergies are technically incurable because they are actually symptoms of a greater problem within. The allergic symptoms are attempts by the body to defend itself, so it is impossible to stop these histamine reactions, and it is unwise in the long term to try, but such is orthodox medicine. Alternative medicine deals with the root causes of problems, instead of merely symptom suppression, and so there are vastly better options available with holistic methods.

Allergies are caused by the over-growth of candida albicans. This is a type of yeast that thrives in the gastrointestinal tract when the body is acidic. There will always

be some yeast/candida, but it is balanced by healthy bacteria known as intestinal flora. Intestinal flora helps in the digestion process, and in neutralizing toxic materials. The flora is beneficial bacteria, while candida is a parasitic yeast, which robs the body of nutrients, and it increases the toxic waste products the body must eliminate.

With ideal health, the flora bacteria vastly outnumbers and persistently overwhelms the candida. The job of the flora is to provide additional immune system support to the dirtiest parts of the human body, where the normal immune system cannot compete with all the pathogens, and to aid in proper digestion. Your life depends on those little guys protecting your body.

When an overgrowth of yeast overwhelms the flora it causes various health issues. Excessive yeast creates a toxic state for the digestive system from its wastes, which ultimately trickles into the rest of the body triggering allergies from an immune system made hyperactive from the presence of the fungal invaders. The result is the symptoms of illness, as well as preventing the body from absorbing useful nutrients. The impaired absorption of nutrients combined with an onslaught of candida waste products with its related allergic and immune responses begins the vicious cycle of declining health, and infections. The results include fatigue, headaches, mood swings, depression, poor memory, lack of concentration, sweet cravings, carbohydrate cravings, and the further weakening of the already compromised immune system as the issues snowball.

Ironically, candida usually undergoes a massive growth spurt after taking antibiotics. This is partly due to antibiotics being fatal to the good bacteria which usually keeps candida somewhat in check. Unfortunately, when anti-biotics are discontinued, the immune system is left weakened which places the candida in the position of advantage. For someone who has just stopped taking antibiotics, the best thing that he could do for his body is to begin eating large amounts of plain yogurt. Flavored yogurts contain lots of sugar, which can feed the yeast, and therefore may actually cause the condition to worsen.

Because sugar fuels candida, the people who eat a diet high in carbohydrates are most likely to experience allergies and immune system problems. The worst of the sugars

are the white refined sugars (which have been bleached and otherwise chemically bastardized), and the high-fructose corn syrups. It is the sugar loving yeast that is additionally the main cause of both dental cavities and bad breath. People with strong immune systems rarely get cavities or bad breath, for instance.

Treating candida through diet is a surprisingly easy task. For any person wishing to cure his generalized allergies, the reduction of his carbohydrate intake is the first step. The results can make a person's life significantly easier, and even eliminate the depressions of some people.

It involves the avoidance of foods which are based on yeast or refined carbohydrates such as white bread, white rice, mushrooms, and beer. Note that whole wheat bread and brown rice are fine, because foods are naturally good until they are altered by the chemical industry. These foods are never white in nature, and never existed until the 1950s, when the chemical industry decided to "enhance" and "enrich" our foods with chemical processing, including the use of chlorine bleach. The food remnants of bleaching are incredibly bad for the body as well as being quite toxic to flora: hence the issue with "white" products such as white flour, white sugar, and white rice. Whiteness really is keeping us down.

Eliminate refined sugars, and replace with fruits whenever cravings for sweets occur. Honey is a great sugar substitute that has compounds to help balance blood sugar levels, and what is even better is that honey has naturally occurring antihistamines that are produced by bees to protect themselves from pollen, since they spend most of their lives being covered in it.

Avoid soft drinks, and this is the most important of all the suggestions overall. Soft drinks majorly lower a body's pH and thereby its oxygen content. They even release carbon dioxide (from carbonation) into the body furthermore flushing out the body's critical oxygen. The artificial sugar of soft drinks, high-fructose corn syrup, is an abomination so bad that it will require a separate article just to discuss it at some future date.

Especially avoid soft drinks with sodium benzoate, because sodium benzoate directly attacks the immune system to trigger allergies. Tests conducted in 2005, and paid for by a concerned soft-drink industry whistle-blower, showed that certain sodas and juices had benzene levels up to ten times higher than the U.S. drinking water limit of five parts per billion. Benzene is classified as a known carcinogen by the U.S. Food and Drug Administration, and is directly linked to leukemia. Benzene can form in beverages that contain sodium benzoate or potassium benzoate, combined with either ascorbic acid

(synthetic vitamin C) or erythorbic acid (also known as d-ascorbic acid), according to the F.D.A.. Heat and light exacerbate benzene formation in sodas with these ingredients. The benzene limit for drinking water does not even apply to soft drinks, which have much less stringent quality standards. Thus, sodas with high benzene content are perfectly legal in the U.S..

"Environmental factors can also be big supporters of candida albicans' proliferation. Exposure to pollutants such as pesticide residues, car exhaust, industrial chemicals and heavy metals (particularly those found in mercury/silver amalgam dental fillings) may encourage the growth of these 'bad' bacteria."

— Leigh Erin Connealy, M.D

Eat plenty of protein, with an emphasis on white meats (preferably organically raised), nuts, and beans. As always, include as many vegetables in your diet as possible. They provide core nutrients that are needed by the body in order to fully recover, and synthetic vitamins are no substitute for vegetables. For sugar cravings, it is okay to cheat with fruits and pure fruit juices without guilt, because the body can handle these sugars much more efficiently than the engineered sugars, so fruit sugars do not generally fuel candida growth significantly. One general rule of thumb is that if an ingredient is made in a chemical laboratory, then it is toxic, and eventually there will be an incredibly high price to pay for consuming it.

The protective and inflammatory properties of omega-3 fatty acids will also help with any allergy problems. For consuming omega-3, the Naturally Good Magazine staff recommends taking flax seed oil supplements daily for both allergies, and to help gain optimal health. You will find omega-6 throughout the modern diet, but there is very little omega-3 in comparison. Omega-3 was once in our foods before chemical fertilizers depleted the farmlands of omega-3, and again, this is yet another problem caused by another chemical industry "solution". Taking flax seed oil supplements helps to correct the imbalance in omega oils, as a body will convert the oil of flax seeds into the two primary omega-3 oils as needed, which means the body will create exactly the amount of omega-3 that it needs from flax seed oil. Using flax seed oil instead of

pure omega-3 (from fish) furthermore eliminates the risk of mercury contamination. We recommend using cold-pressed flax seed oil in individual light resistant capsules to ensure that the oil is not rancid. Rancid flax seed oil is not only useless; it is actually a carcinogen. Eating flax seeds in foods is not recommended, because the essential oils become rancid when exposed to heat and light. Unfortunately, many organic or health-based companies are unaware of this. Rancid oils contribute to the formation of free radicals and are carcinogenic. Because of this, taking pill-based supplementation is by far the safest way to go. For maximum absorption, eat some sort of sulfur protein alongside them. Most commonly, cottage cheese is used to provide it. Sulfur proteins are the reason for eggs having their yellow color, so eggs are an excellent choice for complimenting flax seed oil too. Omega-3 combined with sulfur proteins are the main components of the Nobel Prize winning anti-cancer diet known as The Budwig Diet.

“Over time, candida grows from a yeast form into a fungal form and starts creating waste products known as mycotoxins. Among the mycotoxins produced is acetaldehyde, a poison that is converted by the liver into alcohol. As alcohol builds up in the system, symptoms associated with alcohol intoxication develop. This is why one of the most common symptoms of candida is brain fog. ...In its fungal form, candida also grows long roots called rhizoids that puncture the intestinal lining, leading to a condition called leaky gut syndrome. This creates holes in the digestive tract, allowing candida to pass through into the bloodstream.”

— Brenda Watson, Naturopathic Doctor

The chances are that sooner or later, you will slip up and eat a Hershey bar. This is not the end of the world, and it is no reason to give up. Continued efforts will provide results in dissipating allergies, strengthening your immune system, and increasing your energy levels. These things should provide you with plenty of encouragement to keep going.

In conclusion, with a healthy diet low in sugar and synthetic chemicals, most allergy problems can be eliminated. These therapies in addition to common-sense remedies, such as using higher quality air filters will yield very favorable results in the long term.

Allergies are not normal, and neither is sickness. We have been trained to believe that they are normal. The germ theory behind modern medicine has convinced us, and the establishment, that illnesses are more-or-less random events that may strike anyone at anytime, so that the causes of illnesses are either never fully explainable, or as is becoming the belief nowadays, that illnesses are a result of genetics. There is a reason for everything that happens, and this rule includes events of the human body. Illness symptoms are your body's way of telling you that you are doing something terribly wrong, and most often, it is the diet that is the most wrong. The establishment always ignores the most important factors of health, such as the immune system, which depends on the diet. Allergies and illnesses are in reality the result of a weakened immune system, and this can usually be easily corrected without drugs. Following these recommendations will also help to remove toxins from your body (more about detoxification later), and will help with other illnesses you are suffering from.



Essential First Aid Item: Activated Carbon

By Thomas Corriher, Managing Editor



Activated carbon in powdered form should be in every medicine cabinet and first aid kit. It is also known as charcoal. Charcoal is used around the world as a universal antidote for hundreds of poisons, including arsenic, mercury, pesticides, strychnine, warfarin, hemlock, E. Coli endotoxin, and petrol (gasoline). Over 4,000 chemicals, drugs, plant and microbial toxins, allergens, venoms, and wastes are effectively neutralized by activated carbon when it is given in sufficient quantities. Activated carbon is an effective detox for practically any drug overdose if administered in time. It counteracts ingested aspirin, barbiturates, prozac, paracetamol (Tylenol), phenobarbital, amphetamines, cocaine, THC, morphine, opium, and the list continues endlessly.

In front of his distinguished colleagues at the French Academy of Medicine in 1831, Professor Touery drank a deadly cocktail of strychnine and lived to tell the tale. He had combined the deadly poison with charcoal. This is how powerful charcoal is as an emergency decontaminant of the gastrointestinal tract. Activated carbon is still considered as the most powerful general detoxification agent available almost two centuries later.



Much of the medical establishment has begun forsaking this cheap, easy, and effective natural cure as being obsolete in recent history, and some groups have even discredited it for the purpose of promoting less-generalized pharmaceutical substitutes. They cannot however rewrite history, and the history of charcoal speaks for itself.

In 1813, a French chemist named Michel Bertrand swallowed five grams of arsenic trioxide; at 150 times the lethal dose. He had mixed it with charcoal beforehand. He experienced no nausea, no vomiting, no diarrhea, no excruciating cramping, no severe burning in the mouth or throat, no collapse, and remarkably, no death. In a dangerous but dramatic way, he avoided certain death demonstrating charcoal's phenomenal ability to neutralize poisons.

The medical establishment (and pharmaceutical industry) has begun promoting alumina (aluminum oxide) as a superior arsenic neutralizer. Aluminum is toxic in itself. In fact,

aluminum is known to be a cumulative heavy metal toxin, which if left untreated, will have physical and mental health consequences for the remainder of a victim's life. Aluminum is so bad that it is wise to avoid it in cookware. On the other hand, alumina is better for business. The lie about activated charcoal not being able to effectively neutralize arsenic has taken such hold throughout the establishment that even carbon water filter manufacturers have become afraid to mention that their filters catch arsenic.

We have experienced the saving power of activated carbon ourselves, when one member of our household experienced a severe allergic reaction to an unknown ingredient from a restaurant. We orally administered two teaspoons of dampened activated carbon powder, followed by a glass of water. The allergic reaction rapidly began subsiding, and completely dissipated within thirty minutes. Activated carbon may have saved us from a visit to the

hospital's emergency room, an injection of steroids (and only God knows what else), a stomach pump, and possibly even the need for the victim to remain in the hospital for several days.

We had prepared our activated carbon by powdering filtration charcoal, which is used for fish aquariums. It has the same purpose for aquarium water; to extract various toxins from the water, including organic wastes. It can also be found in some pharmacies. Regardless of where it is obtained, it should be powdered before it is stored, and dampened as swallowed. It should be stored in an air-tight container because it will otherwise absorb impurities from the air. Swallowing it wet prevents the dust from leaching into the lungs when swallowed, where it could become dangerous. A glass of water should be consumed immediately afterward.

Exceptions: Activated carbon is considered much less effective when neutralizing cyanide, ethylene glycol, iron, lithium, corrosive poisons such as lye, lime (calcium oxide), acids, and fossil fuels. Alcohols are completely unaffected by activated carbon.

Risks: Charcoal effectively eliminates your body's ability to absorb nutrients and medications. Because of this, frequent use of it is strongly discouraged. Activated carbon may also cause abdominal pain or swelling in rare cases; particularly when it is not used in a fine powder form. If this occurs, contact a medical doctor immediately, since these may be indications of intestinal bleeding or blockage.

Other Uses:

- Colon cleanse: charcoal binds intestinal toxins and unfriendly microbial growth and helps the body excrete them.
- Eliminates diarrhea, gas, and bloating
- Prevents hangovers: hangovers are usually caused by the chemical toxins put into beverages, and are not usually the result of the alcohols.
- Neutralizes food poisoning
- Partially neutralizes venomous bites (for instance the brown recluse spider bite) - taken both internally and externally.
- Toothache pain. It is made into a paste around the tooth.

Note: Charcoal briquettes like those used for cooking should never be used to make emergency activated carbon, and no part of them should ever be ingested.



How It Works

Activated carbon (charcoal) eliminates both organic and inorganic toxins by a mechanical method instead of a chemical one. The fact that charcoal does not generally react chemically with other substances is one of the qualities which makes it so safe.

Activated carbon is typically created by burning coconut shells. The resultant charred material is extremely porous. Countless holes which are left in the material from burning make each charcoal particle like a tiny sponge. There are so many microscopic holes in charcoal that the surface area of one teaspoon of charcoal is the size of a football field.



Spicy All-Natural Beef-Flavored Turkey Taco's

This tastes almost exactly like beef tacos, but it is more healthy because it is made with turkey meat, and because of the herbs used.

- 3 - Tbls. Garlic
- 3 - Tbls. Chilli Powder
- 3 - Tbls. Paprika
- 3 - Tbls. Onion Powder or Flakes
- 1 - Tbls. Sea Salt
- 1 - Tbls. Achiote Molido (Annato)
- ¼ - Cup Maple Syrup
- 1 - Tsp. Chipotle Chilli Pepper
- 3 lb. Minced turkey

Boil turkey in water, until browned. Add all spices to turkey meat, and cut/meat/stir for 1 hour. Place meat in corn taco shells, and add lettuce, cheese and salsa as desired.



All-Natural Italian Dressing

36 Tablespoons Olive Oil (1 cup)
12 Tablespoons Apple Cider Vinegar ($\frac{3}{4}$ cup)
2 Tablespoons Parsley
6 Tablespoons Lemon Juice
2 Tablespoons Garlic
2 Tablespoons Maple Syrup
2 Tablespoons Honey
1 Tablespoon Chopped Red Bell Pepper
 $\frac{1}{2}$ Tablespoon Onion Powder
 $\frac{1}{2}$ Teaspoon Sea Salt
 $\frac{1}{2}$ Teaspoon Paprika
1 Teaspoon Basil
1 Teaspoon Soy Lecithin
1 pinch Oregano
 $\frac{3}{4}$ cup of flour
1 cup of water

Blend together, and add more water until you reach the desired consistency.

Deep Dark Chocolate Cake

It is okay to periodically indulge yourself with this heavenly creation, so long as you use all the all-natural ingredients as suggested.

Cake Base:

- 2 - cups sugar
- 1¾ - cups unbleached flour
- ¾ - cup cocoa powder
- 1½ - teaspoon baking powder
- 1½ - teaspoon baking soda (without aluminum)
- 1 - teaspoon sea salt
- 2 - organic eggs
- 1 - cup of milk
- ¼ - cup cold-pressed olive oil (imported)
- 1 - cup boiling water (spring water or distilled)

Stir sugar, flour, cocoa, baking powder, baking soda, sea salt together.

Add eggs, milk, and oil.

Beat for two minutes.

Stir in boiling water.

Pour into a 9" x 13" floured pan.

Cook for 35-40 minutes at 350°F.

Allow to cool.

Frosting:

- 6 - tablespoons of softened pure butter
- 2¾ - cups of powdered raw cane sugar
- ½ - cup cocoa
- 1/3 - cup milk

Beat the butter, add powdered sugar, cocoa. Alternatively, add milk. Beat to spreading consistency. Then apply over cake base, and allow to cool.



Invigorating Juice Drinks

It can be difficult to eat well, especially with most peoples' hectic lives. One way to replenish the body is by juicing. Juicing is a quick and easy way to get fruits and vegetables back into the diet, and it is often a great therapy since most people are chronically dehydrated. These juices are great for dieters, because they use only natural sugars which the body handles (eliminates) much better than processed sugars.

Peach Pear Apple Juice Drink

Peach Pear Apple Juice, is supposed to settle the mind and promote calm thoughts, and therefore, it is perfect for someone working in a stressful job to recharge and relax. This recipe makes 4 glasses. Divide by four to make one.

1 apple
2 Peaches
1 Pear

Blood Builder Cocktail

2 bunches of grapes or 2 cups of grape juice.
6 Oranges or 2 cups of Orange juice.
8 Lemons or 1 cup of lemon juice.
1/4 cup of honey.

This recipe has enormous amounts of natural sugars, so it is a quick energizer, but it will eventually cause a sugar crash. Since it uses only naturally occurring fruit sugars, the energy crash will not happen for at least four hours, and it often takes eight hours. It all depends on the persons' metabolism. If taken in the early evening, this cleansing drink is usually an excellent choice for promoting restful sleep.

Kiwi Orange Cocktail

4 oz. of green grapes
3 kiwis
1/2 cup Orange juice

Peel the kiwi and juice all of the ingredients.

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Our natural hand-whipped body butters are the most amazing moisturizers you will find. Made with 95% refined shea butter, they are designed to soothe, moisturize and nourish your skin. Our Raw Shea Butter is harvested from the pits of the plum like berries of the Karite tree in Africa. This is a superior moisturizer containing remarkable healing properties for various skin ailments. It has been called the all natural vitamin A cream. Due to its high content of vitamins A & E, shea butter is highly effective for cell regeneration and as an anti-aging cream. Raw shea butter has been used for the following; blemishes, wrinkles, eczema, dermatitis, dry skin, skin rash, skin peeling (after tanning), sunburn, shaving cream, small skin wounds, cracked skin, tough and rough skin (feet and elbows), chapped lips, stretch mark prevention during pregnancy, insect bites, itching skin, and much more.

Compare our ingredients with those of the most popular retail moisturizer. Their ingredients are: Water, Glycerin, Cetyl Alcohol, Glyceryl Sterate SE, Petrolatum, Emulsifying Wax, Caprylic/Capric Triglyceride, Castor Oil, Octyldodecanol, Shea Butter, Cocoa Butter, Dimethicone, Tocopheryl Acetate, Diazolidinyl Urea, Xanthan Gum, Disodium EDTA, Fragrance, and Iodopropynyl Butylcarbamate

Do you really want to rub those ingredients onto your skin to later be absorbed into your bloodstream? Diazolidinyl urea, for example, breaks down into formaldehyde. Formaldehyde is ranked as one of the most hazardous compounds on ecosystems and human health, according to the Environmental Defense Fund. Formaldehyde is oxidized internally to become formic acid. Formic acid is the main ingredient of bee and ant venom. It is corrosive and an irritant. While absorbing the the oxygen of the body, formaldehyde leads to acidosis, nerve, liver, and kidney damage with long-term exposure.

These are our ingredients: Shea butter, avocado oil, vegetable glycerin, silk protein, fig fruit extract, guava fruit extract, apple fruit extract, fragrance, and vitamin E.

See the difference? Seeing the difference is good, but feeling the difference is better!